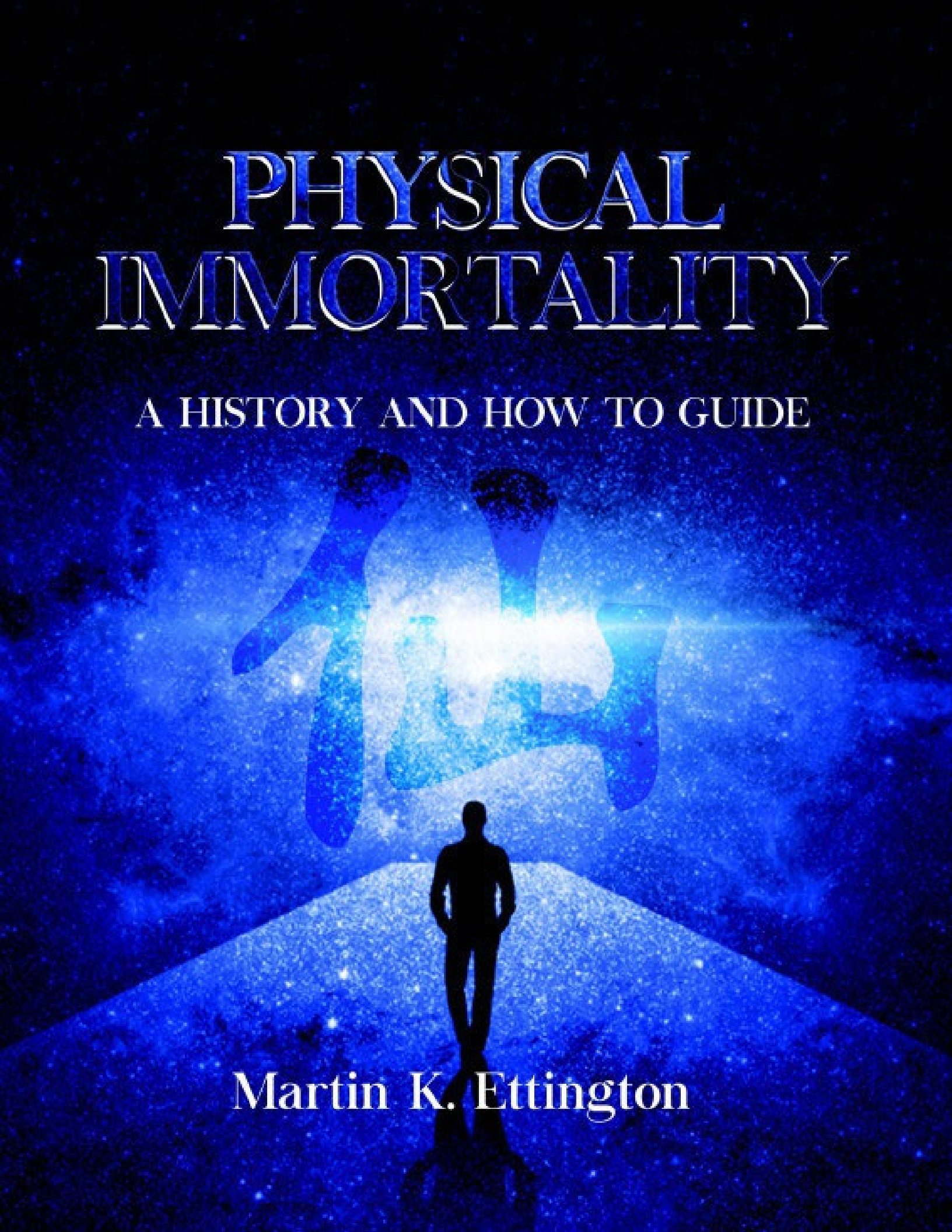
PHYSICAL IMMORTALITY

A HISTORY AND HOW TO GUIDE



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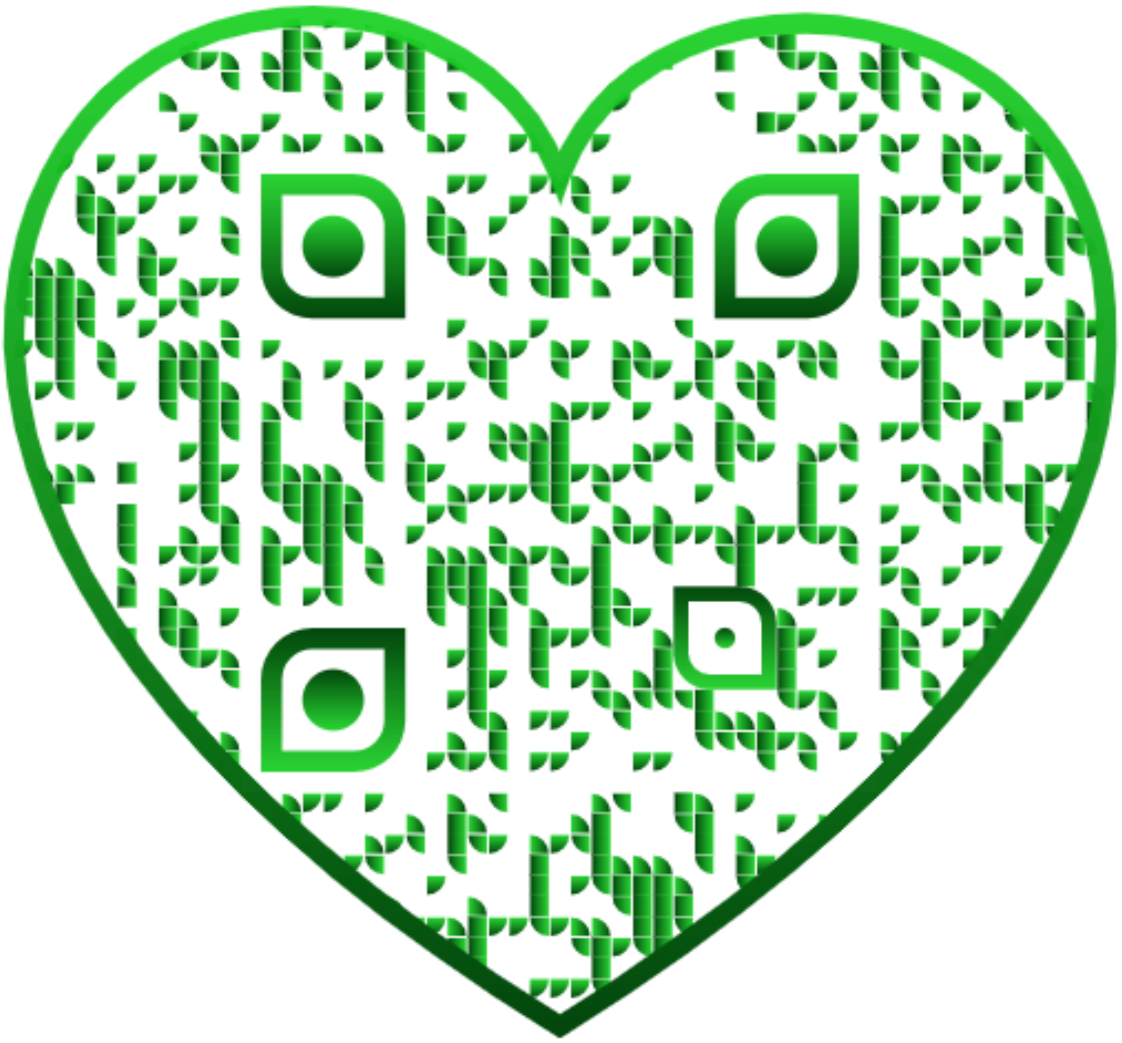

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Chapter 1: Introduction

Why another book on physical immortality?

There have been thousands of books written over the centuries on immortality of the soul. Also, thousands of books written on health, diet, exercise, and positive attitudes to allow one to live the longest and healthiest life possible.

Numerous books on myths and legends of physically immortal beings exist, and it’s become a popular topic in Science Fiction.

I’ve read many books on these subjects; but never one intended to blend all these concepts together in an integrated manner which provides a single holistic approach to life extension beyond the limits accepted by our civilization today.

The goals of this book therefore are as follows; to get the reader to first open their mind to the real possibility of a greatly extended life.

Second to provide a conceptual framework of why the Spiritual, Exercise, and natural recommendations which really work.

Lastly to provide some real guidance about how to go about changing your life to reach your extended life goal.

The use of the words “immortality” and “eternal life”

Words are important to describe concepts. In many holy books, including the Bible, the words “immortality” and “eternal life” are focused on the soul existing forever.

It is my belief that the soul is eternal and lives outside of time. Here we are focusing on the misconceptions about physical immortality. Can a physical body live forever? I believe so barring accidents which you will learn how to avoid later in the book.

How I got interested in this subject.

I’ve always been interested in the wild and wacky unexplained phenomena of our world. This attitude goes back to when I was 10 years old and read a book called “Stranger Than Science” by Frank Edwards (13). I was amazed at some of the stories; and had to find out what the explanations were. This led me on a lifelong quest into the unusual, paranormal, and spiritual.

Now being in my fifties, I have been reading on paranormal events and spiritual development all my life. I meditate daily and the peace from doing so has made an enormous difference in my daily life.

I have spent the last 10 years reading about UFOs and Aliens and found a wealth of information which changed me from a skeptic into a full believer. Not only are there UFOs, but Aliens have been visiting our planet for thousands of years and do so today (Subject for another time).

I also always loved science fiction stories about physical immortals and started searching for immortal information on the Internet about the year 2000. I figured anyone around for a long time would eventually get on the Internet and start providing clues to look for other physical immortals. Didn't find any immortals directly but did find a lot of information which supported claims that immortals do exist.

Also read some metaphysical books that were about persons of unlimited longevity. One was the book "The Magic Presence", about the immortal Count St. Germain.

Other books on Indian mystics often talk of physical immortals who are fully enlightened souls; but stay on the earthly planes anyway to help the common man advance his spirituality.

Why would anyone want to live longer than 100 years?

I think the answer is when you love life and you are in good health, why not?

I think many of us would agree that living to a great age as an invalid is not worth a lot.

Now that I'm in my fifties I'm only starting to realize how much more there is to life. It would take me hundreds of years to accomplish some of the

things I really want to do.

Here is a short list:

• Travel to every country in the world. See and live in many cultures.

• Have multiple families (sequentially) with lots of kids

• Build a multi billion dollar business

• Vacation in a Hotel orbiting the Earth

• Learn and practice multiple professions like Doctor, Lawyer, Architect, Professional Investor, Artist, Musician, Newsperson, and many more

• Build extensive wealth to enjoy boats, airplanes, and the like

• Experience more sports and get good at them. Like becoming a Karate Black Belt

• Get more Pilot flying time for higher level licenses.

• Work on further spiritual development and related abilities

Making a significant dent in this list would take 1000 years.

No I’m not an immortal

The obvious question the reader will ask at some point in this book is that if I know so much about this subject am I an immortal hiding my identity?

The answer is NO---I’m only 54 at the writing of this book,and although I would like to live a very long time… I have a long time yet just to exceed normal age limits.

Besides, If I was really already an immortal it would be stupid of me to expose myself to the world and be constantly pestered and bothered going forward.

Why should anyone listen to what I’m saying?

I’ve studied and researched “outside the box” subjects since age eleven.

In my teens I read numerous books on paranormal and spiritual phenomena.

In college I was fortunate to make friends with a blind psychic at my college and learned meditation and psychic abilities from him.

In addition, at that time I met others in the paranormal community, went to their meetings, joined several spiritual societies, including but not limited to:

• The Theosophical Society of America

• The American Society for Psychical Research

• The Rosicrucians

I obtained and read books from these organizations as well as many other spiritual, occult, and eastern classics. This information and my experiences formed the basis of my world view.

In addition I was also attending a Christian church; and had a conflict about spiritual approaches, which lasted many years.

Finally, it became clear to me that all religions are really describing the same infinite spirit that exists in all of us.

My main goal in life is to become more enlightened. My interest in physical immortality is merely a side effect of that search. I've also thought that a long life will help me with my efforts to live an enlightened life in our physical world.

There are no degrees given in physical immortality studies and anyone living long enough to know the truth or falsehoods of what I'm saying probably wouldn't take the risk of exposing themselves anyway.

However, I have spent a number of years researching this subject. It has been one of my far out interests which became intense about the year 2000.

The idea came to me that if I were an immortal and had learned about the new capabilities of the Internet, I might want to use that medium to search for others like myself.

After doing numerous Internet searches I didn't find any internet bulletin boards or web sites which immortals used, but did find a number of web sites focused on the discussion of immortality, or providing information on the subject.

I ordered a number of books on spiritual aspects of the subject; and also went back to re-read some of my older books like ones from Theosophists on Ascended Masters.

I also decided to try various exercises and supplements to see how they worked.

My results are that I do seem to be healthier in my early fifties than I was 10 years earlier!

My best suggestion for you is to do your own research on what I've given you here, trying out the avenues that appeal to you, then form your own opinions.

We can all meet in the year 3000 A.D. to celebrate the success of our life extension efforts!

g. Decisions on Releasing Immortality "How to" Information

I had to make an important decision about releasing this material in wide circulation through an Ebook and eventually printed versions.

It's hard to find books that compile all the spiritual, energy, and physical immortality approaches into one summary as this book does. Those books do exist but they are rare.

One is "How to Live Forever with Golden Rules for Successful Living" by Harry Gaze written in 1904 (37). Another is "Breaking the Death Habit" By Leonard Orr, (31) which is discussed in a later chapter in this book.

It’s clear to me that persons who study unlimited longevity long enough can eventually find enough separate sources of knowledge to put the same picture together as I have here.

There are books and traditions mentioned later in this book that describe aspects of physical immortality, but no one book that combines all the practices and ideas into one summary.

I’m forced to ask why? There should certainly be multiple persons down through the ages that have known as much or more about this subject than I do.

I must conclude that those who practice the immortal arts consider it best to keep these concepts and knowledge secret.

Why would that be? My best guess is that those in the know don’t consider the general population ready to learn this information.

They may think that if the world really knew and accepted that immortals existed it might overturn religious, scientific, and governmental institutions due to the huge interest the world’s population would have in finding some way to achieve immortality for themselves.

On the other hand, since the successful approaches to immortality require a person to work on their spirituality, isn’t that a good thing?

Maybe it’s that old adage “Don’t cast pearls before swine” which refers to not wasting wisdom on those who refuse to believe.

Another thought is that maybe making the individual search for this information is important to their development and for obtaining immortality on the path to enlightenment.

It also needs to be considered as to whether having more Immortals on the Earth is really a good idea. Wouldn’t things get pretty crowded? The counter to that argument is that due to better nutrition and medicine, people already live almost twice as long as they did 100 years ago. That would make almost everyone a long lived being compared to persons alive in the early 1900s.

I finally came to the decision to publish this book because the knowledge is already out there in the world. It just takes a successful searcher to find it.

In our Internet age where almost all books will eventually be online, and blogs provide an individual’s hidden knowledge daily, the search will become shorter and shorter.

In the final analysis, many people can read a book of wisdom and knowledge, however, only those few who are willing take it seriously anyway are prepared to apply it’s lessons to their lives on a daily basis.

Chapter 2: First you need to open your mind

To really get into this subject you need to open your mind to ideas and concepts which are denigrated by most scientists and members of Western culture today.

The fact that you are reading this book is itself an indication that you probably have an open mind.

As an engineer I was trained to think analytically; and rely on the scientific method to determine what phenomena are real, and which are fantasy.

However, I've learned over the years that due to the lack of instruments to measure many things, there is no way for science to validate or disprove many phenomena.

A short list of these phenomena which can't be proven or disproven includes:

• The existence of the soul or spirit as separate from the physical body

• UFOs and aliens

• Paranormal experiences

• Physical immortals real existence

I eventually decided that I would research some subjects by reading and searching broadly; and then form conclusions based on the consistency of the information itself and my experiences, rather than taking an entirely scientific viewpoint.

The information in this book is collected from those viewpoints.

Opening up your mind also means having some faith that you can live to more than 150 years of age. The limits modern medicine puts on the length of our lives isn't something we have to accept as fact.

Why should it be so hard to believe that some people live to 150 years and beyond? Just because the Guinness Book of World Records will not accept these person's records? Or because most scientists say this is impossible?

Records even in the early 20th century were often incomplete; and science can't rule out that persons of great life spans exist. Science can only document the evidence that exists.

Numerous sources verify that the methods and natural food regimens in this book do work. You only need to start trying them out to see what a difference they can make in your life.

However, you will have to develop some faith in these approaches to increase your life span because you will not get support from Western Medicine, Science, or persons who have grown up in our modern culture.

Chapter 3: History of the Search for Immortality

The search for physical immortality is one of the oldest subjects in Human History.

In this Chapter we will do a survey of some of the greatest myths and legends regarding this subject.

Most of the stories in this Chapter relate to Western civilization's evolving views of immortality.

This concept has been part of Indian and Chinese civilizations for most of their history.

Historically, the search for immortality may be just a spiritual or afterlife type of living forever, or it could include physical immortality too.

Understanding the history of a subject is an excellent way to understand why beliefs have developed as they have over time.

a. The Epic of Gilgamesh

One of the oldest stories from ancient Mesopotamia is called the Epic of Gilgamesh.

Without going into Gilgamesh’s adventures in detail, we extract the following from one translation:

Gilgamesh sets out to avoid Enkidu's fate. He makes a perilous journey to visit Utnapishtim and his wife, the only humans to have survived the Great Flood who were granted immortality by the Gods. He hopes that he too can attain immortality.

Utnapishtim tells Gilgamesh of a plant at the bottom of the ocean that will make him young again. Gilgamesh obtains the plant by binding stones to his feet so he can walk the bottom of the sea. He does not trust the plant, and plans to test it on an old man's back when he returns to Uruk. Unfortunately he places the plant on the shore of a lake while he bathes, and it is stolen by a serpent who loses his old skin and thus is reborn.

b. Egyptian Myths

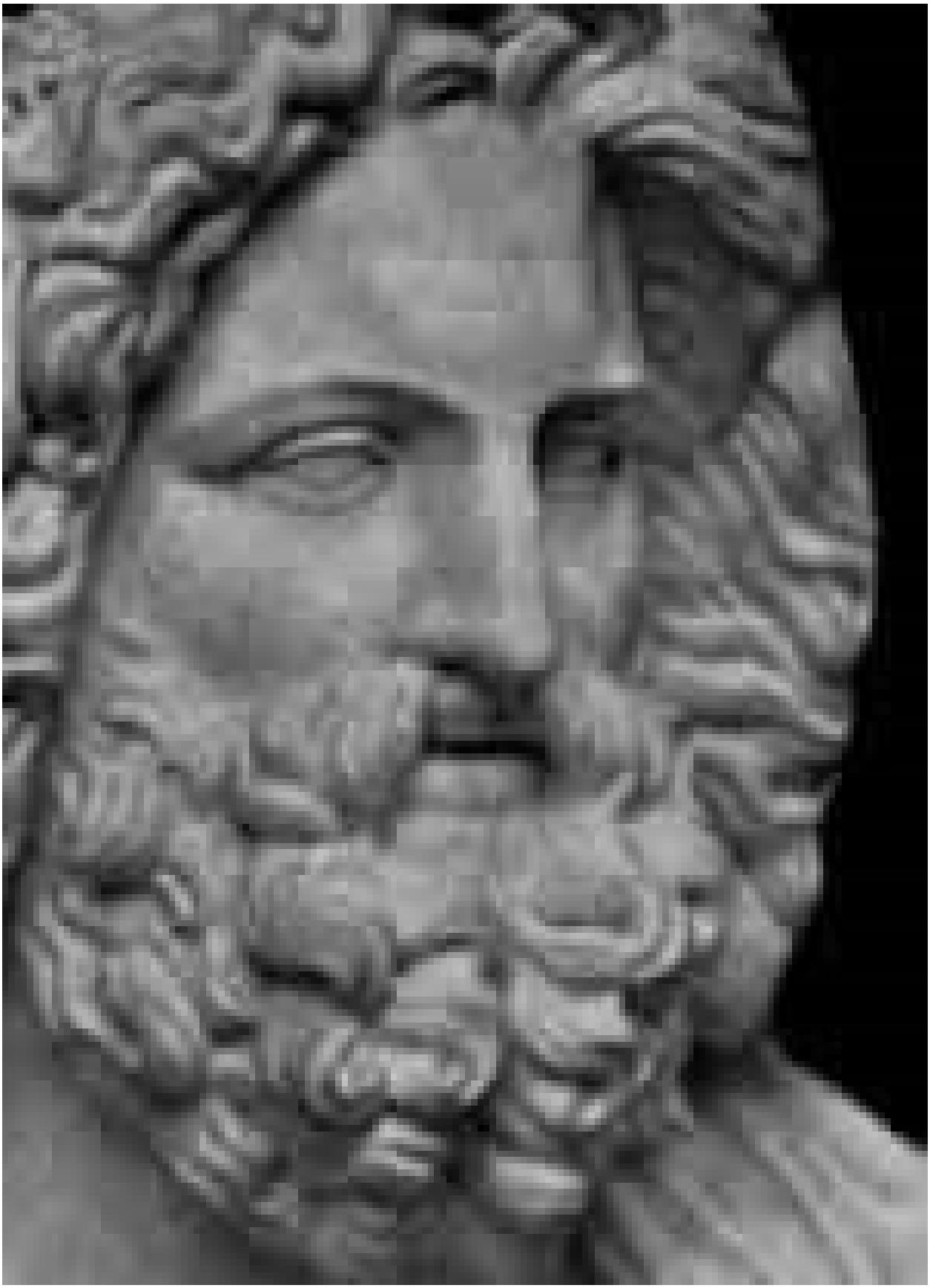
Ancient Egyptians mainly believed in life after death—not physical immortality.

The ancient Egyptians maintained an elaborate set of burial customs that they believed were necessary to ensure the soul’s immortality after death. These customs involved preserving the body by mummification, performing burial ceremonies, and interring, along with the body, goods to be used by the deceased in the afterlife. Before the Old Kingdom, bodies buried in desert pits were naturally preserved by desiccation.

The arid desert conditions continued to be a boon throughout the history of ancient Egypt for the burials of the poor, who could not afford the elaborate burial preparations available to the elite.

Wealthier Egyptians began to bury their dead in stone tombs and, as a result, they made use of artificial mummification, which involved removing the internal organs, wrapping the body in linen, and burying it in a rectangular stone sarcophagus or wooden coffin. Beginning in the Fourth Dynasty, some parts were preserved separately in canopic jars.

c. Greek Myths



In ancient Greece the Gods were physically immortal. However, one had to become a God to gain the ability to live forever.

It was possible for a mortal human to become an immortal god. An example of this was Herakles, who was the son of the god Zeus, but whom had a mortal mother. By performing great heroic deeds, and through his semi-divine heritage, Herakles eventually became physically immortal himself. There were also household deities, akin to the Roman Lares.

A list of the Immortal Greek Gods includes the twelve Olympians, or rather twelve thrones on Mt. Olympus for the Olympian deities to sit, but you may run across fourteen different names for the Olympian Gods and Goddesses. Hestia, Demeter, Dionysus, and Hades are variable. The remaining ten are: Apollo, Ares, Hermes, Hephaestus, Poseidon, and Zeus, among the gods; Aphrodite, Athena, Artemis, and Hera, among the Goddesses.

d. Christianity

(25) Christianity's core beliefs have a lot to do with Immortality. The focus is mainly the immortality of the "soul" or "spirit", and how to live in the spirit.

Many Christians believe that one has to accept Jesus as their personal Savior to bring the eternal spirit into them. Other Christian groups say that we all have an immortal spirit from birth; and we just need to become aware of and live in that spirit.

The core event of Christianity is the crucifixion and resurrection of Jesus after three days which we celebrate with the Easter Holiday.

Jesus also appeared to multiple persons after his resurrection to prove that he did come back from the dead!

However, Christianity's main beliefs focus on life after death, not that you can become immortal in one's current physical body.

We will show later in this book that there are quite a few people in the Bible who supposedly lived extraordinary long lives.

The Bible indirectly infers that the spirit of God in those people was responsible for them living a very long time.

e. Norse Myths

Asgard
Midgard
Niflheim

In Norse Myths immortality could be bestowed by a special apple…

If there was one thing which the Gods prized above their other treasures in Asgard, it was the beautiful fruit of Idun, kept by the Goddess in a golden casket and given to the Gods to keep them forever young and fair. Without these Apples all their power could not have kept them from getting old like the meanest of mortals. Without these Apples of Idun Asgard itself would have lost its charm; for what would heaven be without youth and beauty forever shining through it?

Thjasse told Loke that he could not go unless he would promise to bring him the Apples of Idun. Loke was wicked enough for anything; but when it came to robbing the Gods of their immortality, even he hesitated. And while he hesitated the eagle dashed hither and thither, flinging him against the sides of the mountains and dragging him through the great tough boughs of the oaks until his courage gave out entirely, and he promised to steal the Apples out of Asgard and give them to the giant.

f. Middle Ages Alchemy

In the Middle ages, the lives of many Alchemists were devoted to the search for the Philosopher’s Stone. Many people don’t know that the famous Isaac Newton was also an Alchemist who searched for the same thing.

The philosopher's stone (Latin: lapis philosophorum; Greek: chrysopoeia) is a legendary substance, supposedly capable of turning inexpensive metals into gold. It was also sometimes believed to be an elixir of life, useful for rejuvenation and possibly for achieving immortality. For a long time, it was the most sought-after goal in Western alchemy. In the view of spiritual alchemy, making the philosopher's stone would bring enlightenment upon the maker and conclude the “Great Work”.

Alchemists once thought a key component in creation of the stone was a mythical element named carmot. Alchemy itself is mostly an original concept and science practiced in the ancient Near East, Egypt, Greece, and India. However, the concept of ensuring youthful health originated in China.

According to legend, the 13th-century scientist and philosopher Albertus Magnus is said to have discovered the philosopher's stone and passed it to his pupil Thomas Aquinas, shortly before his death circa 1280. Magnus does not confirm he discovered the stone in his writings, but he did record that he witnessed the creation of gold by "transmutation".

g. Elixir’s of Life

China

The ancient Chinese believed that ingesting long-lasting precious substances such as jade, cinnabar or hematite would confer some of that longevity on the person who consumed them. In Ancient China, various emperors sought for the fabled elixir with various results. In the Qin Dynasty, Qin Shi Huang sent Taoist alchemist Xu Fu with 500 boys and 500 girls to the eastern seas to find the elixir, but he never came back (legend has it that he found Japan instead).

Gold was considered particularly potent, as it was a non-tarnishing precious metal; the idea of potable or drinkable gold is found in China by the end of the third century BC. The most famous Chinese alchemical book, the Tan Chin Yao Ch’eh ("Great Secrets of Alchemy," dating from approximately 650 AD), discusses in detail the creation of elixirs for physical immortality (mercury, sulfur, and the salts of mercury and arsenic are prominent) as well as those for curing certain diseases and the fabrication of precious stones.

India

AMRIT or AMRUT has been described in the Hindu scriptures which are the oldest compiled source of information known to humanity. Anybody who consumes even a tiniest portion of amrut is said to gain physical immortality. The legend goes that, at the very early times when the inception of the world had just taken place, some demons had gained strength. This was seen as a threat to many other Gods who feared for their lives. So these Gods (including indra-the God of rain, vayu-the God of wind, agni-the god of fire) went to seek advice and help from Vishnu (the preserver), bhrama (the creator) & shiva (the destroyer). They suggested that amrut could only be gained from the samudra manthan (or the churning of ocean) for the ocean in its depths hid mysterious and secret objects. Vishnu agreed to take the form of a turtle; on whose shell a huge mountain was placed.

With the help of a mighty and long serpent the churning process was started at the surface of the ocean. The Gods pulled the serpent, from one side which had coiled itself around the mountain. The demons pulled it from the other side. (the churning process required immense strength and hence the demons were persuaded to do the job- they agreed but in return for a portion of amrut). Finally with the combined effort of the Gods and demons, amrut emerged from the depths of the ocean. All the Gods were offered the drink but the Gods managed to trick the demons who later didn't manage to get any part of the holy drink.

The oldest Indian writings, the Vedas (Hindu sacred scriptures), contain the same hints of alchemy that are found in evidence from ancient China, namely vague references to a connection between gold and long life. Mercury, which was so vital to alchemy everywhere, is first mentioned in the 4th to 3rd century BC Arthashastra, about the same time it is encountered in China and

in the West. Evidence of the idea of transmuting base metals to gold appears in the 2nd to 5th century AD Buddhist texts, about the same time as in the West. Since Alexander the Great had invaded India in 325 BC, leaving a Greek state (Gandhara) that long endured, the possibility exists that the Indians acquired the idea from the Greeks, but it could have been the other way around.

h. The Fountain of Youth

Juan Ponce de León heard of the fountain from the people of Puerto Rico when he conquered the island. Growing dissatisfied with his material wealth, he launched an expedition to locate it; and in the process discovered Florida. Though he was one of the first Europeans to set foot on the American mainland, he never located the Fountain of Youth.

The story is apocryphal. While Ponce de León may well have heard of the Fountain and believed in it, his name was not associated with the legend in writing until after his death. That connection is made in Gonzalo Fernández de Oviedo's Historia General y Natural de las Indias of 1535, in which he wrote that Ponce de León was looking for the waters of Bimini to cure his sexual impotence. Some researchers have suggested that Oviedo's account may have been politically inspired to generate favor in the courts.

A similar account appears in Francisco López de Gómara's Historia General de las Indias of 1551. In the Memoir of Hernando D'Escalante Fontaneda in 1575, the author places the restorative waters in Florida and mentions de León looking for them there; his account influenced Antonio de Herrera y Tordesillas' history of the Spanish in the New World. Fontaneda had spent 17 years as an Indian captive after being shipwrecked in Florida as a boy. In his Memoir he tells of the curative waters of a lost river he calls "Jordan" and refers to de León looking for them.

However, Fontaneda makes it clear he is skeptical about these stories, and says he doubts de León was actually looking for the fabled stream when he came to Florida. Additionally, Ponce did not mention the fountain in his writings throughout the course of his expedition.

Chapter 4: Immortals in Science Fiction

As you can tell from reading this book so far, I believe that exceptionally long lived individuals or what we would call physical immortals do really exist.

Science Fiction also explores the subject from many perspectives and helps us think “outside the box” and explore many types of possible “immortality”.

Science Fiction stories have long been one of my favorite places to read about fictional stories of “immortals” and what they would do with their extremely long lives.

These stories provide a lot of ideas for thought on how real immortals would live.

Below are summaries of books and movies on some of my favorite fictional “immortals”.

a. Lazarus Long (14)

Lazarus Long is a fictional character featured in a number of science fiction novels by Robert A. Heinlein. Born in 1912 in the third generation of a long-life selective breeding experiment run by the Ira Howard Foundation, Lazarus

(whose birth name is Woodrow Wilson Smith) turns out to be unusually long-lived, living well over two thousand years with the aid of occasional rejuvenation treatments.

His exact (natural) life span is never determined. In his introduction at the beginning of Methuselah's Children a scientist guesses Lazarus's age to be 213 years old. Approximately 75 years pass during the course of the novel; which ends with the first form of rejuvenation being developed. However, because large amounts of this time are spent traveling interstellar distances at speeds approaching that of light, the 75-year measurement is an expression of the time elapsed in his absence rather than how much time passed from his perspective.

At one point, Lazarus estimates his natural life span to be around 250 years, but this figure is not expressed with certainty. Heinlein acknowledged that such a long life span should not be expected as a result of a mere three generations of selective breeding, but offers no alternative explanation except for letting a character declare, "A mutation, of course—which simply says that we don't know". (2)

Later books of Heinlein's through the 1980s also had further stories about Lazarus Long. These included "The Notebooks of Lazarus Long". By the last book he has lived for several thousand years and is still going strong.

b. The Boat of a Million Years (21)

Poul Anderson wrote a series of short stories about physical immortals in 1989. They go from several thousand years ago to our own future. "The Boat

of a Million Years" is one of the best books written by Poul Anderson (1926-2001).

The different characters crisscross their ways along centuries and millennia. The outcomes of these encounters are sometimes friendly, sometimes antagonistic, never innocuous.

Poul Anderson shows his talent to mix action, drama and humor with deep meditations about the meaning of life, ethics, gender conflict, ethnic discrimination and other relevant subjects. He includes accurate different historical backgrounds for each episode, ranging from ancient Greece through the far future.

The story is great; it mainly follows Phoenician seaman Hanno in his eternal quest to find more people like himself. He is very special. He never gets sick or old, his teeth grow in again when he loses them, and he recovers very quickly from injuries.

He soon discovers that his blessing is also his curse. He remains unchanged, while consorts and descendents grow old, die and vanish. Neighbors usually react violently to his "witchery" blaming him of making strange deals with demons.

To evade these circumstances Hanno becomes a master in changing personalities and evading suspicion.

The narrative increases momentum with each story and concludes with a very

interesting piece situated in a far future which is full of new possibilities.

c. The Highlander Movie 1986

Born in the Highlands of Scotland in 1518, Connor Macleod is a physical immortal. When he is wounded in battle but does not die, he is banished from his village. He meets another like himself, Ramirez, who teaches him swordsmanship-the only way to kill another immortal is to take his head--and the ways of the immortals. Modern day New York is the location of "The Gathering," where Connor and the few remaining immortals must battle to the last for "The Prize." (15)

d. The Man from Earth

The Man from Earth is a 2007 film written by Jerome Bixby and directed by Richard Schenkman. The film stars David Lee Smith as John Oldman. The screenplay for this movie was conceived by Jerome Bixby in the early 1960s and was completed on his death bed in April of 1998, making it his final piece of work. (16)

This film tells a story of John Oldman, a man claiming to be a 14,000 year old Cro-Magnon caveman who survives until the present day. The entire film is shot inside a small house and on it’s porch, relying solely on the conversation of the characters to keep the plot moving. The whole film is no more than an intellectual discourse between the 14,000 year old Cro-Magno, his professor and teacher friends at his farewell party.

e. The Culture

The Culture is a series of books by author Ian Banks which tell stories of a galaxy spanning civilization in the far future.

The Culture is characterized by a post-scarcity society (meaning that it’s advanced technologies provide practically limitless material wealth and comforts for everyone for free, having all but abolished the concept of acquiring possessions), by having overcome almost all physical constraints on life (including disease and death), and by being an almost totally egalitarian, stable society without the use of any form of force or compulsion, except where necessary to protect others. It’s fascinating as a venue to see how physical immortalists might decide to occupy their time.

Chapter 5: Long Lived Persons and Immortals

Considering the skepticism with which most people view records of very long lifetimes, I thought it would be useful to compile a list of as many long lived persons as possible; to show that these records exist and people really have lived lives of extraordinary length.

Nothing will convince somebody who has a closed mind or has to see the person's making these claims themselves. However, this list may start most people questioning that what they have been told all their lives about the limits to living; which are completely wrong.

Most of the persons listed were either from Europe, or North and South America.

I think the reason for this is that records have been better kept in the West in recent centuries. There were most probably as many persons living in Africa and Asia who lived long lives—we just don't have their records.

Also included in this chapter is a section on physical immortals to show that the possible length of physical life may be much longer than any of us can imagine; I.E. 9,000 years.

Below is a list from several sources which can be verified by going to the original records.

a. Records of numerous long lived individuals

Ages 110-119

From the Immortality Article (17):

Of interest to Americans is the case of David Kinnison, who, when one hundred and eleven, related to Lossing the historian the tale of the Boston Tea Party, of which he had been a member.

Anthony Senish, a farmer of the village of Limoges, died in 1770 in his one hundred and eleventh year. He labored until two weeks before his death, had still his hair, and his sight had not failed him. His usual food was chestnuts and Turkish corn; he had never been bled or used any medicine.

Not very long ago there was alive in Tacony, near Philadelphia, a shoemaker named R. Glen in his one hundred and fourteenth year. He had seen King William III, and all his faculties were perfectly retained; he enjoyed good health, walking weekly to Philadelphia to church. His third wife was but thirty years old.

He died in good mental condition at the age of one hundred and fifteen.

The census of 1864 for the town of Pilaguin, Ecuador, lying 11,000 feet above the level of the sea and consisting of about 2000 inhabitants, gives 100 above seventy, 30 above ninety, five above one hundred, and one at one hundred and fifteen years.

Longevity in Ireland. Lord Bacon said that at one time there was not a village in all Ireland in which there was not a man living upward of eighty. In Dunsford, a small village, there were living at one time 80 persons above the age of four score.

Ages 120-129

The oldest age that the Guiness Book of World Records recognizes is Jeanne Louise Calment (21 February 1875 – 4 August 1997, 10:45 CET). She had the longest confirmed human life span in history, living 122 years and 164 days (44,724 days total). She lived in Arles, France, for her entire life, and outlived both her daughter and grandson.

From the Immortality Article:

Eglebert Hoff was a lad driving a team in Norway when the news was brought that Charles I was beheaded. He died in Fishkill, N.Y., in 1764 at the age of one hundred and twenty-eight. He never used spectacles, read fluently, and his memory and senses were retained until his death, which was due to an accident.

Ages 130-139

From the Immortality Article:

There was a man by the name of Butler who died at Kilkenny in 1769 aged one hundred and thirty-three.

Time, 14 July, l967; Toronto Star, 19 Sept. & 2 Oct., 1972; 13 May, 1976:

Charlie Smith was 133 in 1976 in the state of Florida, USA. Born in Africa and brought to States as a slave at 12, he worked steadily picking fruit until 113. In 1976 he received an honorary diploma from Polk County School System, though he had little formal schooling.

South Africa-Moloko Temo (4 July 1874? - 2 or 3 June 2009) died in South Africa at the alleged age of 134, which would put her birth in the Transvaal.

Nicolas Petours, curate of the parish of Baleene and afterward canon of the Cathedral of Constance, died at the age of one hundred and thirty-seven; he was always a healthy, vigorous man, and celebrated mass five days before his death.

In the State of Vera Cruz, Mexico, as late as 1893 a man died at the age of one hundred and thirty-seven.

Mr. Evans of Spital Street, Spitalfields, London, died in 1780 aged one hundred and thirty-nine, having full possession of his mental faculties.

Ages 140-149

Among the Mission Indians of Southern California there are reported instances of longevity ranging from one hundred and twenty to one hundred and forty.

Lieutenant Gibbons found in a village in Peru one hundred inhabitants who were past the century mark, and another credible explorer in the same territory records a case of longevity of one hundred and forty. This man was very temperate and always ate his food cold, partaking of meat only in the middle of the day.

Katherine Fitzgerald (1464?-1604), 140, Ireland’s Nathaniel Grogan's 1806 engraving of Lord Kerry's portrait of Katherine FitzGerald, Countess of Desmond is on the left.

Lady Desmond was reported to have been capable, just before her death, of walking every week to her local market town, a distance of 4–5 miles, and it was said that all her teeth had been renewed a few years earlier. Her death was caused when she fell from a tree while picking cherries.

Dr. William Hotchkiss, said to have reached the age of one hundred and forty years, died in St. Louis April 1, 1895. He went to St. Louis forty years ago, and has always been known as the "color doctor." In his peculiar practice of medicine he termed his patients members of his "circles," and claimed to treat them by a magnetic process. Dr. A. J. Buck says that his Masonic record has been traced back one hundred years, showing conclusively that he was one hundred and twenty-one years old. A letter received from his old home in Virginia, over a year ago, says that he was born there in 1755.

Mrs. Eckelston, a widow in Phillipstown, Kings County, Ireland, died in 1690 at one hundred and forty-three.

Jean Effingham died in Cornwall in 1757 in his one hundred and forty-fourth year. He was born in the reign of James I, and was a soldier at the battle of Hochstadt. He never drank strong liquors and rarely ate meat. Eight days before his death he walked three miles.

Colonel Thomas Winslow was supposed to have died in Ireland on August 26, 1766, aged one hundred and forty-six. He rode after the hounds while yet a centenarian.

Ages 150-159

Christian Jacobsen Drakenberg died at 150 years in 1772. A sailor for 91 years, he fought in the war against the Swedes, then became a merchant seaman. In 1694, he was taken prisoner by Algerian pirates but set free after 15 years of slavery, he resumed his life as a seaman. In 1737, at the age of 110, he married a widow of 60 years. He was known as 'the old man of the north'.

Even in old age Drakenberg was bursting with strength. Whoever would shake his hand, never forgot the experience and ventured no second attempt. It was reported that after death his body mummified and did not rot. (Similar to reports on Yogananda)

In the chancel of the Honigton Church, Wiltshire, is a black marble monument to the memory of G. Stanley, a gentleman, who died in 1719, aged one hundred and fifty-one.

And in Acsadi & Nemeskeri, p.17 & Toronto Evening Telegram, 9 Sept., 1939; 26 April, 1942. (Also in the Longevity Article (7))

Thomas Parr, 152, died 1635, in England. Thomas Parr (or Parre), among Englishmen known as "old Parr," was a poor farmer's servant, born in 1483. He remained single until eighty. His first wife lived thirty-two years, and eight years after her death, at the age of one hundred and twenty, he married again. Until his one hundred and thirtieth year he performed his ordinary duties, and at this age was even accustomed to thresh.

He was visited by Thomas, Earl of Arundel and Surrey, and was persuaded to visit the King in London. His intelligence and venerable demeanor impressed everyone, and crowds thronged to see him and pay homage. The journey to London, together with the excitement and change in mode of living, undoubtedly hastened his death, which occurred in less than a year. He was one hundred and fifty-two years and nine months old, and had lived under nine Kings of England. Harvey examined his body and at the necropsy his internal organs were found in a most perfect state. His cartilages were not even ossified, as is the case generally with the very aged. The slightest cause of death could not be discovered, and the general impression was that he died from being over-fed and too-well treated in London. His great-grandson was said to have died in this century in Cork at the age of one hundred and three. Parr is celebrated by a monument reared to his memory in Westminster Abbey.

San Francisco Chronicle, 21 Jan., 1969, p.15:

Sampson Skakoragaro is 158 in and living in Tanzania, Africa. In 1969 he had a successful cataract operation and "was in high spirits and talkative". He had fathered his youngest son at 136. Married in 1934 at age 123, with sons born in 1935, 1941, and 1945, the two eldest are teachers and the youngest a tailor. He has had three wives and 16 children. He himself was the eldest of

58 sons. His father lived to 123 years, had 39 wives, and 45 daughters.

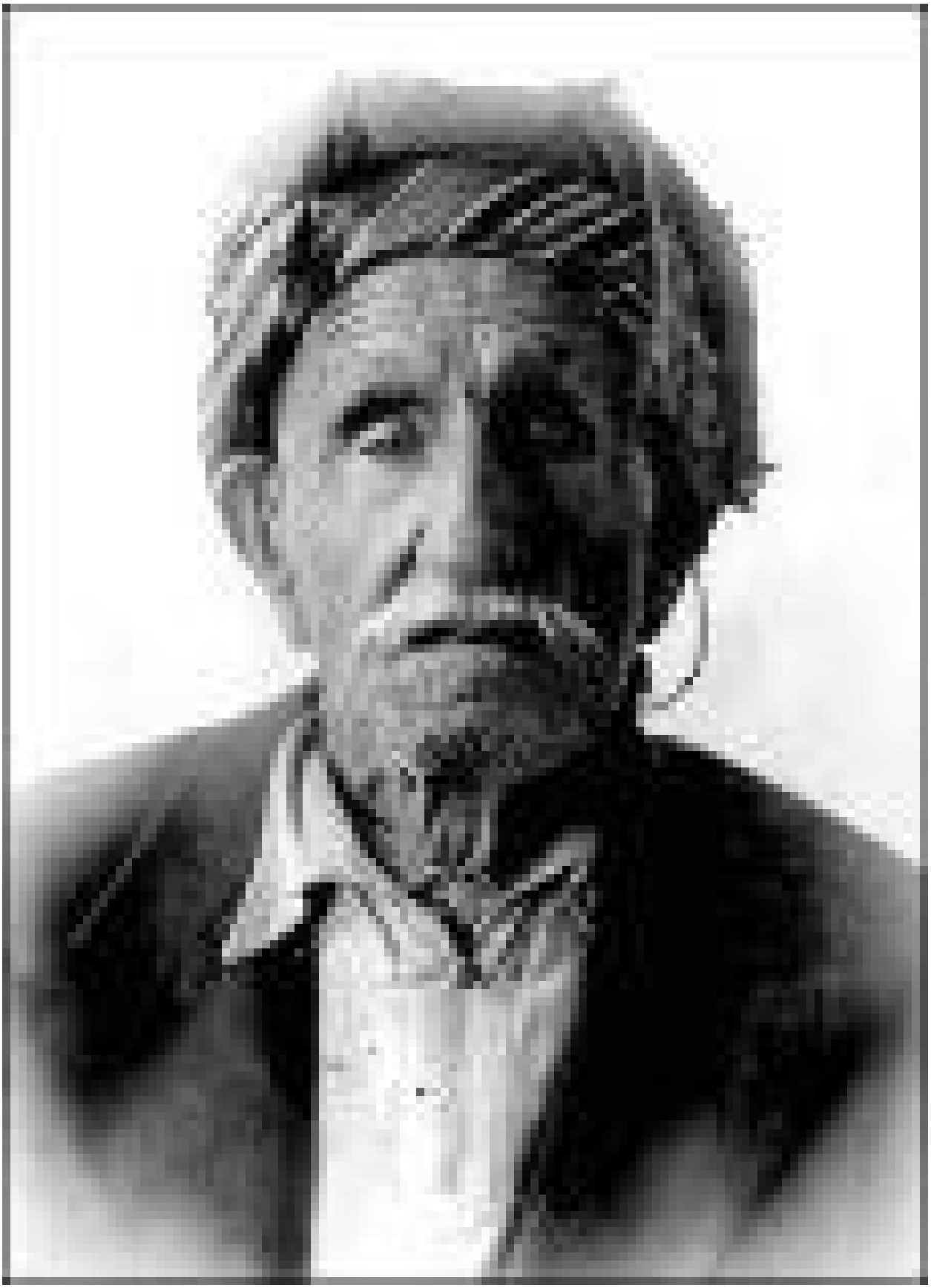
Ages 160-169

From the Sear's Wonders of the World we have this one:

"December 5, 1830, died at St. Andrews, Jamaica, the property of Sir Edward Hyde East, Robert Lynch, a black slave in comfortable circumstances, who perfectly recollected the great earthquake of 1692, and further recollected the person and equipages of the lieutenant-governor, Sir Henry Morgan, whose third and last governorship commenced in 1680, viz., one hundred and fifty years before. Allowing for this early recollection the age of ten years, this black must have died at the age of one hundred and sixty years."

Huteland speaks of Joseph Surrington, who died near Bergen, Norway, at the age of one hundred and sixty. Marvelous to relate, he had one living son of one hundred and three and another of nine.

There was a Polish peasant who reached one hundred and fifty-seven and had constantly labored up to his one hundred and forty-fifth year, always clad lightly, even in cold weather. Voigt admits the extreme age of one hundred and sixty.



Zaro Ağa Mutki, Bitlis, Ottoman Empire, Born in 1774 or 1777 İstanbul, Turkey, 29 June 1934, a Kurdish man named Zaro Ağa died in the United States in 1933 at the age of 164 years. According to the death certificate given by his Doctor, Zaro Ağa's age was 157. He died in Istanbul, although there exists some confusion about the death place, Probably because the body was sent to the U.S. right after his death. He was born in Bitlis, and lived Mutki, Gundê Meydan, Kurdish, Ottoman Turkey, worked as a construction worker when he was young; then moved to Istanbul where he worked as a porter for more than 100 years and finally retired as a janitor. He was a major attraction to press during his last years as the world's oldest living man and one who had traveled to many countries, including the United States, the United Kingdom, Italy and France.

"Jonas Warren of Balydole died in 1787 aged one hundred and sixty-seven. He was called the "father of the fisherman" in his vicinity, as he followed the trade for ninety-five years."

There was a woman living in Moscow in 1848 who was said to be one hundred and sixty-eight; she had been married five times and was one hundred and twenty-one at her last wedding. D'Azara records the age of one hundred and eighty, and Roequefort speaks of two cases at one hundred and fifty.

From the "Anomalies and Curiosities of Medicine Part 1" are found these interesting references:

In a churchyard near Cardiff, Glamorganshire, is the following inscription: "Here lieth the body of William Edwards, of Caereg, who departed this life

24th February, Anno Domini 1668, anno aetatis suae one hundred and sixty-eight"

Shirali Mislimov, 168, Died 1973, in Azerbaijan, USSR.

Of course who could forget Shirali Mislimov! There are many references to Shirali Mislimov including the January 1972 issue of National Geographic. However from Toronto Evening Telegram, 20 May, 1971 & the Ottawa Citizen, 13 Feb., 1967, p.18 & Life, 16 Sept.,1966, p.121 & Gris & Merlin, p.88-115 & Time, 17 Sept., 1973 we have this: On his birthday (1971) he rose at dawn to do his daily chores in the garden and orchard. Among his well-wishers were doctors who gave him his annual physical and judged his health perfect. He has never been ill, though forced to give up riding horseback recently.

At 160 he journeyed to the capital city (his first visit). There a doctor recorded his pulse at 72 and blood pressure at 120/75, and this was after a three story climb! He neither smoked or drank. Survived by his third wife, 107 years old, 219 other family members, including a grandchild aged 100 years.

From the Longevity article we have:

Henry Jenkins, 169, died 1670, in Yorkshire England.

Possibly the most celebrated case of longevity on record is that of Henry Jenkins. This remarkable old man was born in Yorkshire in 1501 and died in 1670, aged one hundred and sixty-nine. He remembered the battle of Flodden Field in 1513, at which time he was twelve years old.

It was proved from the registers of the Chancery and other courts that he had appeared in evidence one hundred and forty years before his death and had had an oath administered to him. In the office of the King's Remembrancer is a record of a deposition in which he appears as a witness at one hundred and fifty-seven. When above one hundred he was able to swim a rapid stream.

From Toronto Star Weekly Mag.,15 Dec.,1956, p.2f & Time, 14 April, 1958, p.88.:

Javier Pereira, 169, died 1958, in Columbia, S.A.

Only 4'4" tall, weighed 75 pounds. Taken to New York Hospital Cornell Medical Centre in 1956. At that time he had all his hair without any gray, teeth were all gone, skin like old brown wrinkled leather, eyes cloudy but still serviceable, hands arthritic but a powerful hand-shake firm and surprisingly youthful. Arteries showed no signs at all of deterioration. His endurance and feats were remarkable like standing on one leg and pirouetting without losing his balance, walking three blocks and climbing two flights of stairs without losing his breath. He had no immediate relatives (though married 5 times), his last grandchild had died 15 years ago at age 85 years. He was known by oldsters in his own village when they were in their teens as the "old Indian who liked to dance".

Ages 170-179

From Prichard, p.12 & Acsadi & Nemeskeri, p.l6. we have this one:

John Rovin, 172, died 1741, in Temesvar, Hungry. His wife, Sarah Desson Rovin died the same year at the age of 164 after a marriage of 147 years.

From the Toronto Daily Star, 15 Dec. 1952 we have this one:

Baba Harainsingh, 176, died 1952, in India.

He had grown a complete set of teeth, the previous ones having fallen out when he was about 100 in the 1870s, his gray hair was also turning black again!

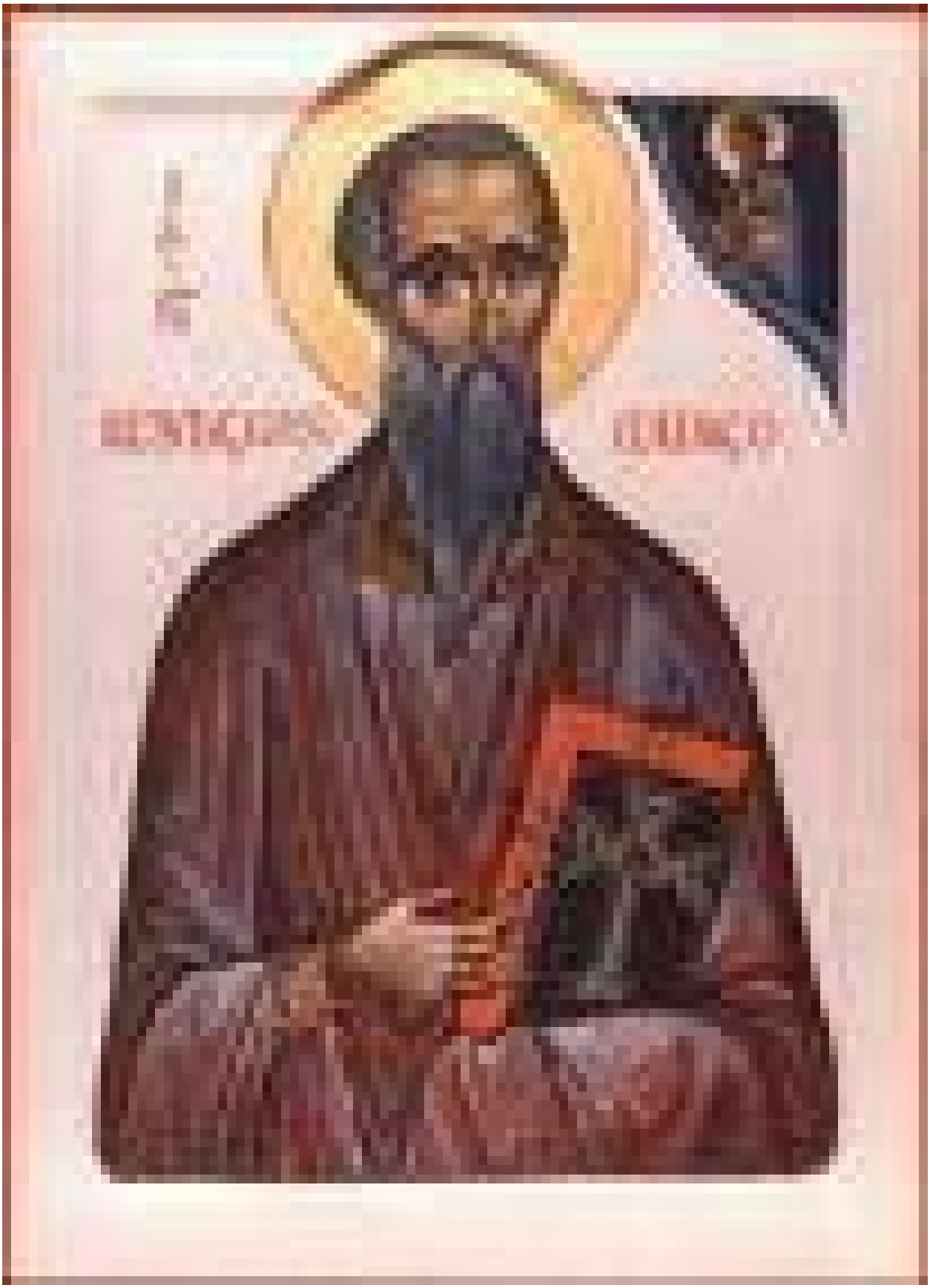
Elizabeth Yorath wife of Edmund Thomas was buried the 13th of February 1668, aged 177.

Ages 180-189

"LLANMAES, or LLANVAES (LLAN-MAES), a parish in the hundred of COWBRIDGE, county of GLAMORGAN, SOUTH WALES, 3 1/2 miles (S.) from Cowbridge, containing 234 inhabitants. The salubrity of the air is attested by several entries in the parish register of the burial of persons whose lives had been extended to an almost incredibly protracted period. Among these, the most remarkable are the following, which have been extracted verbatim" Ivan Yorath buried a Saturday the XVII day of July anno doni

1621 et anno regni regis vicessimo primo annoque aetatis circa 180. He was a Sowdiar in the fights of Boswoorthe, and lived at Lantwit Major, and he lived much by fishing.

From Acsadi & Nemeskeri, p.16 we have more:



Kentigren, 185, died 5 Jan. 600 A.D. in Scotland. He was the founder of Glasgow Abbey. The legends that grew up around Saint Kentigern include stories of many miracles, some of which are illustrated on the Glasgow City coat of arms.

There is even the story of an encounter with King Arthur's wizard, Merlin, who is said to have become a Christian and been baptized by Kentigren.

This item is referenced in "Acsadi & Nemekeri", P. 16 & Baily, 1857

(And in the Longevity Article (17)):

Petratsh Zartan (Setrasch Czartan) died 1724 in Hungry at the age of 187; Setrasch Czarten, or, as he is called by Baily, Petratsh Zartan, was born in Hungary at a village four miles from Teneswaer in 1537. He lived for one hundred and eighty years in one village; and died at the age of one hundred and eighty-seven, or, as another authority has it, one hundred and eighty-five.

A few days before his death he had walked a mile to wait at the post-office for the arrival of travelers and to ask for succor, which on account of his remarkable age, was rarely refused him. He had lost nearly all his teeth and his beard and hair were white. He was accustomed to eat a little cake the Hungarians call kalatschen, with which he drank milk. After each repast he took a glass of eau-de-vie. His son was living at ninety-seven and his descendants to the fifth generation embellished his old age.

Shortly before his death Count Wallis had his portrait painted. Comparing his age with that of others, we find that he was five years older than the Patriarch Isaac, ten more than Abraham, thirty-seven more than Nahor, sixteen more than Henry Jenkins, and thirty-three more than "old Parr."

Age 192

There has been recently reported from Vera Cruz, Mexico, in the town of Teluca, where the registers are carefully and efficiently kept, the death of a man one hundred and ninety-two years old.

Age 207

Another interesting item from "Museum Eurpeaum" published in 1825:

"The most remarkable instance of longevity which we meet with in British history is that of Thomas Carn, who, according to the parish register of St. Leonard, Shoreditch, died 28th January, 1588 at the astonishing age of two hundred and seven years!

He was born in the reign of Richard the Second, anno 1381, and lived in the reigns of twelve kings and queens, Richard II, Henry IV, V, and VI. Edward IV and V, Richard III, Henry VII and VIII, Edward, VI, Mary, and Elizabeth.

The veracity of the above may be readily observed by any person who

chooses to consult the above mentioned register."

LI CHING-YUN: The Longest Lived person of record-256 Years

Below is an excerpt of an article from the New York Times (10):

The New York Times, Saturday, May 6, 1933

LI CHING-YUN DEAD; GAVE HIS AGE AS 197

"Keep Quiet heart, Sit Like a Tortoise, Sleep Like a Dog," His advice for a Long Life. Inquiry Put Age At 256.

Reported to have buried 23 wives and had 180 descendents – sold herbs for first 100 years.

Peiping, May 5 – Li Ching-Yun, a resident of Kaihsien, in the Province of Szechwan, who contended that he was one of the world's oldest men and said he was born in 1736 – which would make him 197 years old – died today.

A Chinese dispatch from Chungking telling of Mr. Li's death said he attributed his longevity to peace of mind and that it was his belief every one could live at least a century by attaining inward calm.

Compared with estimates of Li Ching-Yun's age in previous reports from China, the above dispatch is conservative. In 1930 it was said Professor Wu Chung-chien, dean of the department of Education in Minkuo University, had found records showing Li was born in 1677 and that Imperial Chinese Government congratulated him on his 150th and 200th birthdays.

A correspondent of The New York Times wrote in 1928 that many of the oldest men in Li's neighborhood asserted their grandfathers knew him as boys and that he was then a grown man.

According to the generally accepted tales told in his province. Li was able to read and write as a child, and by his tenth birthday had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. For the first hundred years he continued at this occupation. Then he switched to selling herbs gathered by others.

Wu Pei-fu, the warlord, took Li into his house to learn the secret of living to 250. Another pupil said Li told him to "keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog."

According to one version of Li's married life he had buried away twenty-three wives and was living with his twenty-fourth, a woman of '60.' Another account, which in 1928 credited him with 180 living descendents, comprising eleven generations, recorded only fourteen marriages. This second authority said his eyesight was good; also, that the finger nails of his right hand were very long, and "long" for a Chinese might mean longer than any finger nails ever dreamed of in the United States.

One statement of The Times correspondent which probably caused skeptical readers to believe Li was born more recently that 1677, was that "many who have seen him recently declare that his facial appearance is no different from that of persons two centuries his junior.

An article from the May 15, 1933 issue of Time magazine titled:

Tortoise-Pigeon-Dog

In the province of Szechwan in China lived until last week Li Ching-Yun. ... By his own story he was born in 1736, had lived 197 years. By the time he was ten years old he had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. ... Some said he had buried 23 wives, was living with his 24th. a woman of 60, had descendants of eleven generations. The fingernails of his venerable right hand were six inches long. Yet to skeptical Western eyes he looked much like any Chinese 60-year-old. In 1930 Professor Wu Chung-chieh, dean of the department of education at Chengtu University, found records that the Imperial Chinese Government had congratulated one Li Ching-yun in 1827 on his birthday. The birthday was his 150th, making the man who died last week—if it was the same Li Ching-yun, and respectful Chinese preferred to think so—a 256-year-old.

More about Li Chang Yun from the Toronto Evening Telegram, 26 April, 1942:

LI CHING-YUN, 256, died May, 1933, Szechun Province, China.

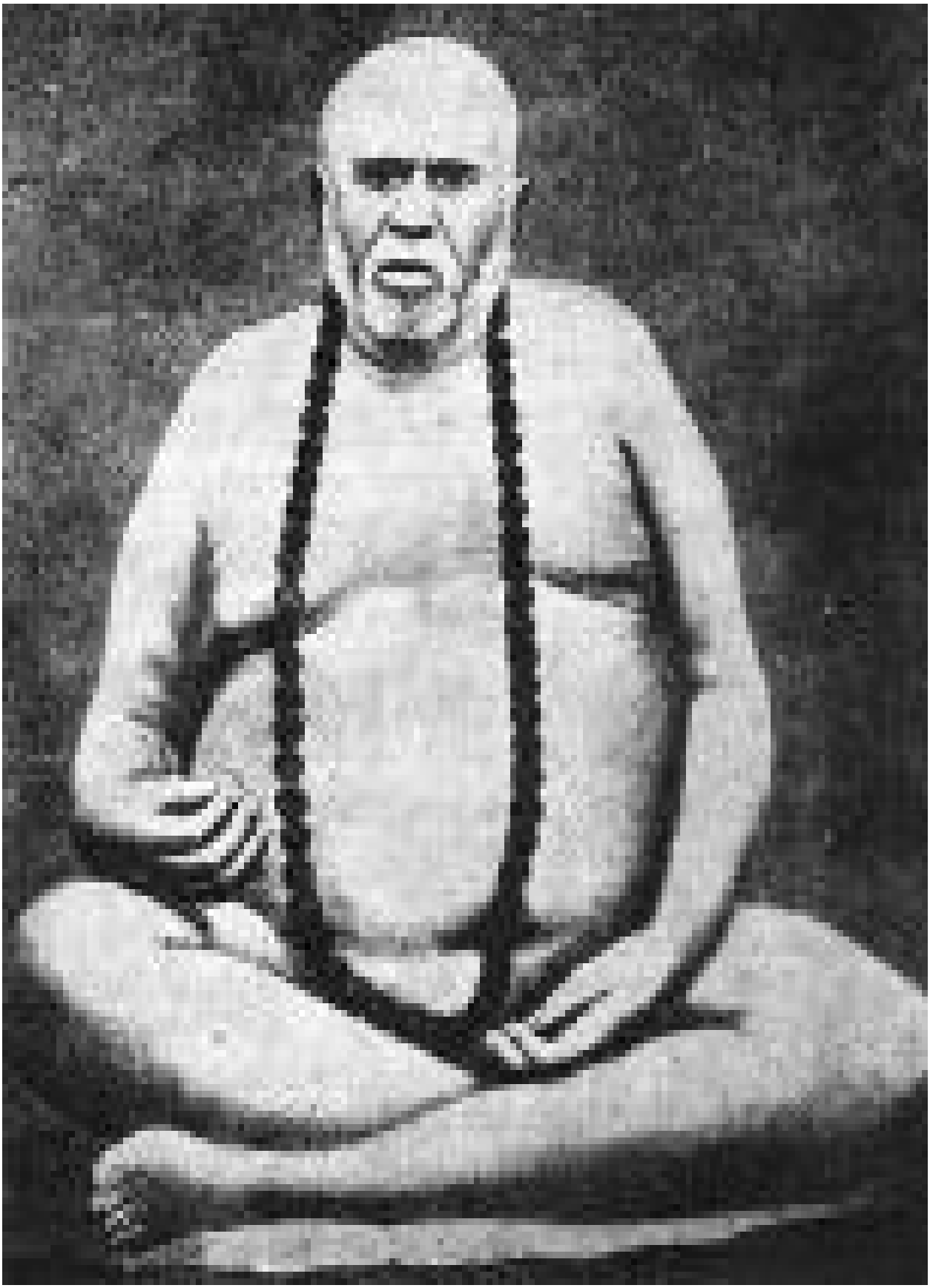
At the age of 100 he was awarded by the Chinese Government a special Honor Citation for extraordinary services to his country. This document is available in existing archives. It is reported that he gave a series of 28 lectures at the University of Sinkiang when he was over 200 years old. He attributed his longevity to his life-long vegetarian diet and regular use of rejuvenating herbs plus "inward calm".

A renowned herbalist, he used Fo-ti-tieng and ginseng daily in the form of tea. He enjoyed excellent health, outlived 23 wives, and kept his own natural teeth and hair. Those who saw him at age of 200 testified that he did not appear much older than a man in his fifties.

A researched Li Chang(Ching) Yun is featured in this 1980 book: “The Seed of the Woman” by Arthur C. Custance.

Li Ching Yun is also featured in the recent book: “Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-Yun” by Stuart Alve Olson (10).

b. Were these people even older?



Trailanga Swami (also Trailinga Swami, Ganapati Saraswati) (reportedly c. 1529 or 1607 -1887) was a Hindu yogi famed for his spiritual powers who lived in Varanasi, India. He is regarded as a legendary figure in Bengal, with many stories told about his yogic powers and longevity.

According to some accounts, Trailanga Swami lived to be around 300 years old, residing at Varanasi between 1737-1887. He is regarded as an incarnation of God Shiva, and Ramakrishna. A contemporary Bengali saint referred to him as the "The Walking Shiva of Varanasi".

According to the county annals of Yong Tai in Fujian Province, Chen Jun was born in the first year of Zhong He time (881 AD) under the reign of Emperor Xi Zong during the Tang Dynasty. He died in the Tai Ding time of the Yuan Dynasty (1324 AD), after living for 443 years. During the course of his lifetime he allegedly had 23 wives and about 200 descendants.

The ancient Greek author Lucian is the presumed author of Macrobii (long-livers), a work devoted to longevity. He made these claims:

Nestor was an Argonaut, helped fight the centaurs, and participated in the hunt for the Calydonian Boar. He and his sons, Antilochus and Thrasymedes, fought on the side of the Achaeans in the Trojan war. Though Nestor was already old when the war began, he was noted for his bravery and speaking abilities. Lucian says that Nestor lived three centuries.

Tiresias, the blind seer of Thebes was alive for 600 years. In Greek

mythology, Tiresias (Greek: Τειρεσίας, also transliterated as Teiresias) was a blind prophet of Thebes, famous for clairvoyance and for being transformed into a woman for seven years. He was the son of the shepherd Everes and the nymph Chariclo; Tiresias participated fully in seven generations at Thebes, beginning as advisor to Cadmus himself.

Abd el Aziz el Habachi (عبد العزيزالحبشي) was a unique case of long life mentioned by the founder of the Senussi Order, and also mentioned by the Moroccan scholar El Kettani (1888-1962) in his report "fahres el Fahares". According to sources he was born in 581 of the Hegira (1185 AD), and was a pupil of Ibn Hajar al-Asqalani (1372-1449) who claimed that Abd el Aziz was a 14th-generation descendant of the prophet Mohammed. He died in 1859 at the alleged age of 674 years.

Other sources say that he was present during the founding of the city of Cairo in 969, in the reign of El Moez El Fatimi (952-975). It was also claimed that he was near 900 years old when he died in 1859, according to Abd el Hamid Bik (died 1863) in "Aalam el Machareka Wa al Magariba" ("The Famous Men of the East and the West").

c. Recent Reports of Living Extremely long lived persons

A New Report on a Long Lived Woman who is alive and 130 years old-

By MISHA DZHINDZHIKHASHVILI, Associated Press Writer 7/8/10:

SACHIRE, Georgia – Authorities in the former Soviet republic of Georgia claim a woman from a remote mountain village turned 130 on Thursday, making her the oldest person on Earth.

Antisa Khvichava from western Georgia was born on July 8, 1880, said Georgiy Meurnishvili, spokesman for the civil registry at the Justice Ministry.

The woman, who lives with her 40-year-old grandson in an idyllic vine-covered country house in the mountains, retired from her job as a tea and corn picker in 1965, when she was 85, records say.

"I've always been healthy, and I've worked all my life — at home and at the farm," said Khvichava, in a bright dress and headscarf, her withering lips rejuvenated by shiny red lipstick. Sitting in the chair and holding her cane, Khvichava spoke quietly through an interpreter since she never went to school to learn Georgian and speaks only the local language, Mingrelian.

But Meurnishvili showed two Soviet-era documents that he says attest to her age. Scores of officials, neighbors, friends, and descendants backed up her claim as the world's top senior.

A 157 Year old woman named Turinah in Sumatra:

(ABC News Australia-Posted Mon Jun 7, 2010 10:23pm AEST):

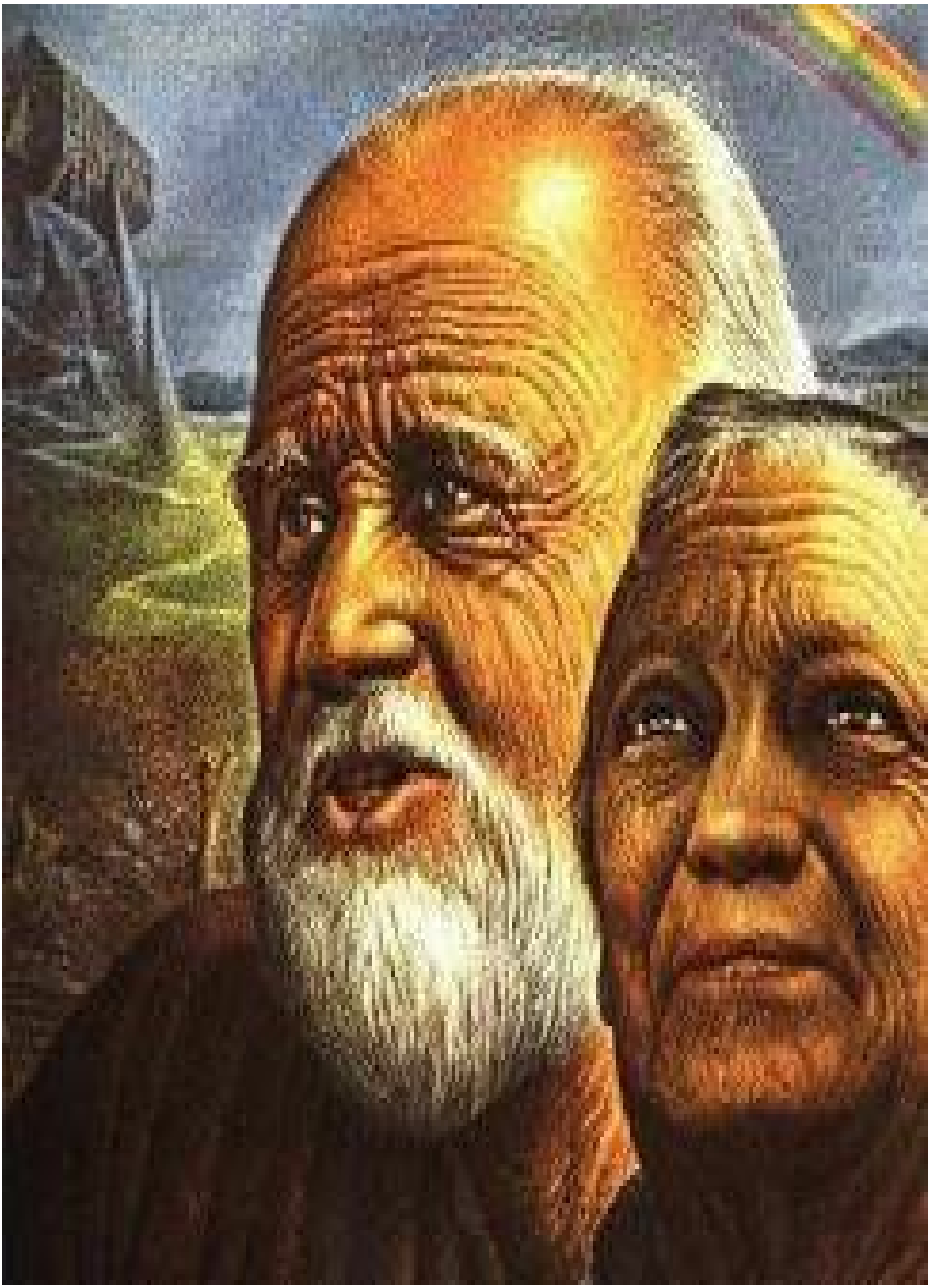
Census officials have said they believe the woman's claims to have been born in 1853, when Giuseppe Verdi's La Traviata debuted in Venice, the Crimean War erupted and San Francisco got its first street signs at intersections. (Born June 7, 1853).

"There's no authentic data to prove her age, but judging from her statements and the age of her adopted daughter, who's now 108 years old, it's difficult to doubt it," statistics bureau official Jhonny Sardjono said Monday.

South Sumatran villager Turinah would be fully 35 years older than Calment (Jeanne Calment, who died in 1997 at the age of 122) according to officials. Mr Sardjono said “Even more incredible, she still works around the house and has smoked clove cigarettes all her life”.

"Despite her age she still has an incredible memory, clear sight and has no hearing problems. She speaks Dutch quite fluently," he said.

d. Long Lived Persons in the Bible (25)



The Bible also has numerous persons in Genesis, Chapter 5 who lived much more than the normal life span.

If you believe in the Bible as a historical document or the word of God, then you should take the following statements in Genesis Chapter 5 seriously:

5:1 This is the book of the generations of Adam. In the day when God created man, He made him in the likeness of God.

2 He created them male and female, and He blessed them and named them Man in the day when they were created.

3 When Adam had lived one hundred and thirty years, he became the father of a son in his own likeness, according to his image, and named him Seth.

4 Then the days of Adam after he became the father of Seth were eight hundred years, and he had other sons and daughters.

5 So all the days that Adam lived were nine hundred and thirty years, and he died.

6 And Seth lived one hundred and five years, and became the father of Enosh.

7 Then Seth lived eight hundred and seven years after he became the father of Enosh, and he had other sons and daughters.

8 So all the days of Seth were nine hundred and twelve years, and he died.

9 And Enosh lived ninety years, and became the father of Kenan.

10 Then Enosh lived eight hundred and fifteen years after he became the father of Kenan, and he had other sons and daughters.

11 So all the days of Enosh were nine hundred and five years, and he died.

12 And Kenan lived seventy years, and became the father of Mahalalel.

13 Then Kenan lived eight hundred and forty years after he became the father of Mahalalel, and he had other sons and daughters.

14 So all the days of Kenan were nine hundred and ten years, and he died.

15 And Mahalalel lived sixty-five years, and became the father of Jared.

16 Then Mahalalel lived eight hundred and thirty years after he became the father of Jared, and he had other sons and daughters.

17 So all the days of Mahalalel were eight hundred and ninety-five years, and he died.

18 And Jared lived one hundred and sixty-two years, and became the father of Enoch.

19 Then Jared lived eight hundred years after he became the father of Enoch, and he had other sons and daughters.

20 So all the days of Jared were nine hundred and sixty-two years, and he died.

21 And Enoch lived sixty-five years, and became the father of Methuselah.

22 Then Enoch walked with God three hundred years after he became the father of Methuselah, and he had other sons and daughters.

23 So all the days of Enoch were three hundred and sixty-five years.

24 And Enoch walked with God; and he was not, for God took him.

25 And Methuselah lived one hundred and eighty-seven years, and became the father of Lamech.

26 Then Methuselah lived seven hundred and eighty-two years after he became the father of Lamech, and he had other sons and daughters.

27 So all the days of Methuselah were nine hundred and sixty-nine years, and he died.

28 And Lamech lived one hundred and eighty-two years, and became the father of a son.

29 Now he called his name Noah, saying, "This one shall give us rest from our work and from the toil of our hands arising from the ground which the LORD has cursed."

30 Then Lamech lived five hundred and ninety-five years after he became the father of Noah, and he had other sons and daughters.

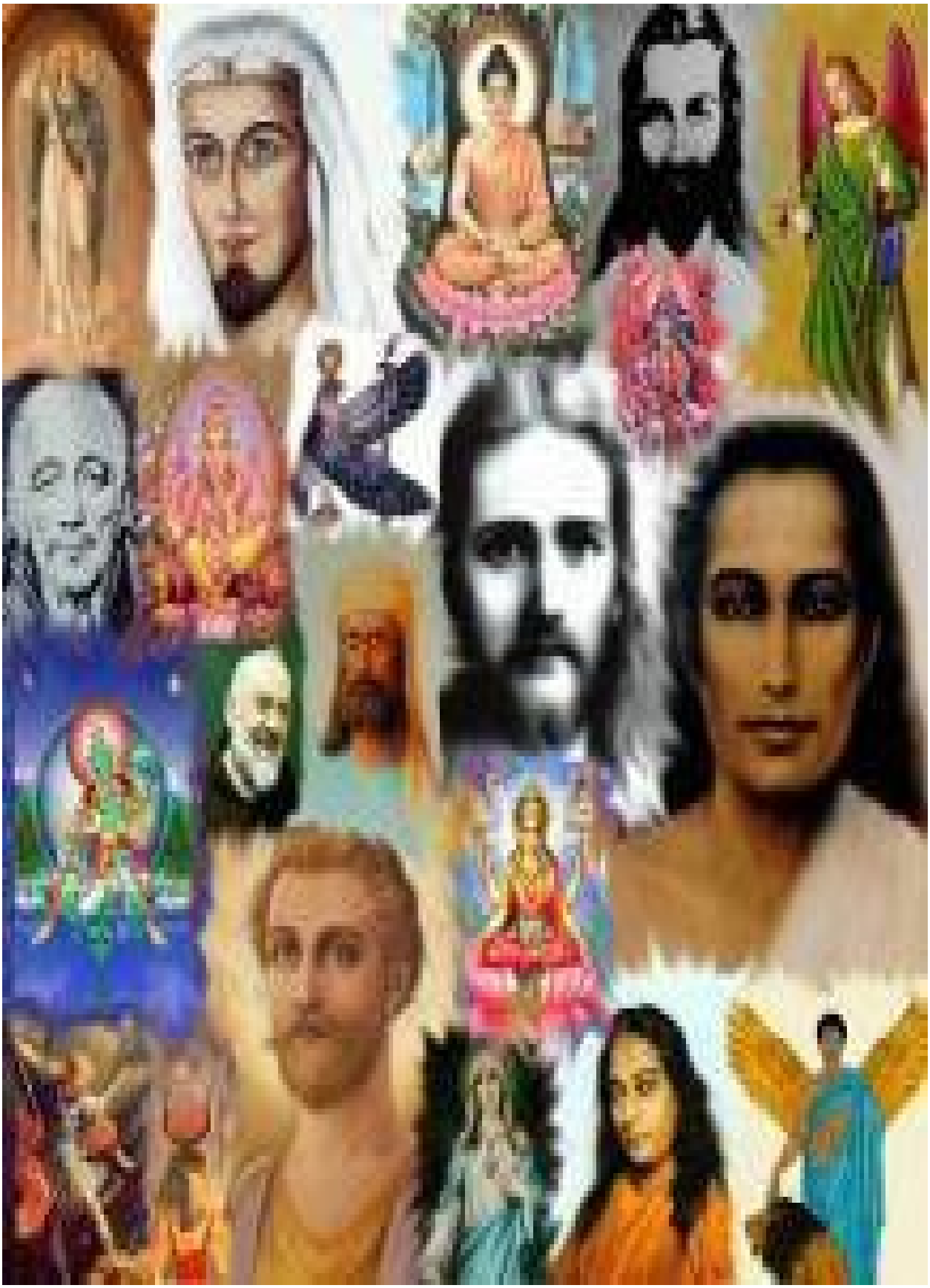
31 So all the days of Lamech were seven hundred and seventy-seven years, and he died.

32 And Noah was five hundred years old, and Noah became the father of

Shem, Ham, and Japheth.

Moses, the person who led the Israelites from Egypt is also stated in Deuteronomy to have lived to 120 years when he turned over the leadership of the Tribes to Jacob.

e. Ascended Master and Immortals



One of the spiritual paths to physical immortality was brought to common knowledge in the West by the Theosophists and Indian yogis in the nineteenth century. It involves the teachings of Ascended Masters. (11)

It is believed that Ascended Masters are individuals who were once embodied on Earth and learned the lessons of life in their incarnations. They gained mastery over the limitations of the matter planes, balanced at least 51% of their negative karma, and fulfilled their Dharma (Divine Plan). An Ascended Master has become God-like, and a source of unconditional love to all life, and through the Ascension has united with his or her own God Self, the "I AM" Presence. It is claimed that they serve as the teachers of mankind from the realms of spirit, and that all people will eventually attain their Ascension and move forward in spiritual evolution beyond this planet. According to these teachings, they remain attentive to the spiritual needs of humanity, and act to inspire and motivate it's spiritual growth. In many traditions and organizations, they are considered part of the Spiritual Hierarchy for Earth, and members of the Great Brotherhood of Light, also known as the Great White Lodge or Great White Brotherhood.

It is believed that if one can find ascended beings they will teach one how to become enlightened and physically immortal.

In the book "Breaking the Death Habit" (31) Leonard Orr maintains that he met immortal Yogis in his travels in Asia. He says he met eight of them, male and female, and that three of them have been alive for over two thousand years.

He also says there are at least a few thousand immortals on the earth today

and most live in the Himalayas.

I've read that 4,000 immortals meet at one festival in India every twelve years so there must be many more physical immortals. The majority live in China according to a well known Qi Gong teacher.

Many of them are not ascetics but have wives and children. This is important to know because it means you don't have to be an ascetic and live in a cave to become physically immortal.

He says that immortals enjoy their lives. "Abundant life is the Secret of Eternal life. Personal aliveness is the source of joy forever."

Babaji is one immortal who is supposed to be 9000 years old. Orr says the following about him in an interview:

Babaji systematically taught me the yoga of immortal yogis, and that is why I went to see him other than just to enjoy his presence. Because that body was 9000 years old and being in the presence of a 9000 year old person is unforgettable.

Babaji is also referenced in the book "Autobiography of a Yogi". (32)

Another immortal Orr met and discusses was Bhartriji:

It took Bhartriji 700 years to become totally enlightened; and to be able to manifest his thoughts at will in the physical universe. I wrote a book about him, and how he achieved physical immortality. When he was about 300 it was the height of his teaching career; and after that he surrendered to being a yogi. Babaji taught me that there are immortal yogis, but there aren't any immortal gurus. Bhartraji stopped talking about physical immortality; and just practices it except for once every 108 years he gives a public demonstration.

Other observations from Orr:

"The Siddha Ashram is kind of the fulfillment of what is popularized in the word Shambala. It's like an ashram which can be just some obscure village with all the members of the ashram are immortals who are 100's of years old, 1000's of year old. He evidently is a kind of missionary from that ashram to the West.

There are some immortals in the Philippines I've heard about. One guy is 300 and another 400. The guy who's 400 has a simple technique in that he just walks in the forest one day a week for 24 hours and communes with God. He doesn't eat or sleep for 24 hours, once a week. Very simple practice and he's been doing it for 400 years."

f. Taoist Immortals

Xian is a Chinese word for an enlightened person; translatable in English as:

"Spiritually immortal; transcendent; super-human; celestial being" (in Daoist/Taoist philosophy and cosmology. (5)(34)

The Xian archetype is described by Victor H. Mair:

They are immune to heat and cold, untouched by the elements, and can fly; mounting upward with a fluttering motion. They dwell apart from the chaotic world of man; subsist on air and dew, are not anxious like ordinary people, and have the smooth skin and innocent faces of children. The transcendent live an effortless existence that is best described as spontaneous. They recall the ancient Indian ascetics and holy men known as ṛṣi, who possessed similar traits.

The "Yuan You" ('Far-off Journey') poem describes a spiritual journey into the realms of Gods and immortals, frequently referring to Taoist myths and techniques.

My spirit darted forth and did not return to me,

And my body, left tenantless, grew withered and lifeless.

Then I looked into myself to strengthen my resolution,

And sought to learn from where the primal spirit issues.

In emptiness and silence I found serenity;

In tranquil inaction I gained true satisfaction.

I heard how once Red Pine had washed the world's dust off:

I would model myself on the pattern he had left me.

I honoured the wondrous powers of the Pure Ones,

And those of past ages who had become immortals.

They departed in the flux of change and vanished from men's sight,

Leaving a famous name that endures after them.

A recent book called the “Taoist Immortals” By Eva Wong discusses popular

stories of famous Chinese immortals. Some of the stories have clues about how they became immortal.

One Taoist Immortal lived during the Shang dynasty (1766 B.C. to 1154 B. C.) was Peng-Tzu. The Chinese book of history lists him as having lived over 800 years.

Many Chinese immortals can be found in the book “A Gallery of Chinese Immortals”. (34)

Although there are different lists, the most famous are the Eight Taoist immortals which usually included the following persons:

Chung-li Ch'uan, the earliest in point of time, seems to have been chiefly responsible for the formation of the group. Tradition makes him a Han general, but there is no real evidence to show that he was an historical personage; and, considering his popular renown, he has but few striking exploits to his credit. His birth was accompanied by strange phenomena, and several physical peculiarities are recorded. All his life he was a wanderer. He was converted to Tao by an aged man whom he met in a remote village. Towards the end of his career he fell in with the Taoist adept T’ao Hung-ching, and received from him “a pinch of the Great Monad” (a mysterious cosmic entity existing before the evolution of material things), a fire-charm, and some spiritual elixir. Artists depict him as a fat, bearded old man, scantily clad, and carrying a feathered fan with fly-whisk attached, or sometimes a two edged sword.

Chang Kuo was a hermit whose origin is unknown. It was his custom to ride

a white donkey, on which he could cover immense distances in a single day. When he stopped to rest, he would fold the animal up like paper, and put it away in his cap-box. Then, when he was ready to start again, he sprayed water over it from his mouth, and changed it back into a donkey. He is said to have been invited to Court by more than one of the early T'ang emperors, but did not respond until the reign of Ming Huang, who treated him with great respect. On receiving another summons, however, he immediately lay down and died. He was buried in the usual way by his disciples, but subsequently, when the coffin was opened, it was found to be quite empty. Pictures of Chang Kuo show him seated on his donkey and holding a musical instrument called a fish-drum, which looks like a golf-bag with two clubs (really castanets) protruding from it.

Lu Yen (or familiarly, Lu Tung-pin), also of the T'ang dynasty, is probably the most popular member of the group. Though he is said to have failed twice for the doctor's degree, he is widely worshipped as a patron saint of literature. He became the pupil of an old Taoist encountered by chance, who was no other than Chung-li Ch'uan. During a period of probation before he became a Hsien, he had to undergo a series of ten ordeals. The last of these was the hostile approach of a host of demons in terrifying shapes, which left him completely undismayed. Once he fell asleep while a meal of yellow millet was cooking, and dreamt of events extending over the best part of a lifetime; yet on awaking he found the millet still uncooked.

His emblem is the magic two edged sword which conferred the gift of invisibility, and enabled him to overcome evil spirits.

Ts'ao Kuo-chiu is said, on dubious authority, to have been the younger brother of a Sung empress in the eleventh century, "a handsome youth of peaceful disposition". One day, in the course of their wanderings, Chung-li Ch'uan and Lu Tung-pin came to his dwelling-place, and asked to be told the object of his spiritual meditations. "Tao alone," he replied, "is the object which I have in view."—"And where is Tao?" [sic] asked the two hsien. Kuo-chiu pointed up to heaven.--"Where then is heaven?"--Kuo-chiu pointed to his heart. Chung-li Ch'uan smiled and said: "The heart is one with heaven, and heaven is one with Tao? Nay, then you have a true understanding of the essential constitution of things." And accordingly they admitted him to the company of immortals.

Ts'ao Kuo-chiu is usually represented as a bearded grandee in Court attire. His distinctive attribute is, somewhat incongruously, a pair of clapper castanets.

Li T’ieh-kuai, that is, “Li with the Iron Staff”, is depicted as a lame and repulsive-looking beggar, though originally he was a handsome, well-built man. This is how the transformation came about. When he was setting off to meet Lao Tzu on one of the sacred mountains, he told a disciple that only the spiritual part of him was making the journey, while his body would remain behind. If the spirit should not return within seven days, the body might be burnt. Now, the disciple was anxious to visit his sick brother, so he left on the sixth day, after burning the body. Consequently, when the Master’s spirit returned on the following day, it had nowhere to go, until at last it entered and re-animated the corpse of a beggar who had died of starvation. Thereafter Li T’ieh-kuai walked the earth in the guise of a cripple, clad in rags and tatters.

In pictures he is seen hobbling along with the aid of a staff. Out of a bottle-gourd in his hand there rises a mysterious vapor, in which appears an emblem of his spiritual self.

Han Hsiang Tzu was a nephew of the great T’ang poet Han Yu. At birth he had all the marks of a future hsien. Of an eccentric disposition, he hated all the pomps and vanities of the world, and delighted in stillness and obscurity. His mind was absorbed in the art of alchemy and the pursuit of “the elixir”. When urged by his uncle to apply himself to study, he replied: “The object of my study is different from yours.” He was instructed by Chung-li Ch'uan and Lu Tung-pin in their system of Tao, and followed them on their wanderings. Coming to a peach-tree, he climbed up to pluck the fruit of immortality, but was thrown to the ground by the snapping of a branch and was killed. At the very same moment he was transfigured and became a hsien. Afterwards, in the guise of a Taoist priest, he tried to convert his uncle, who was a strong confucianist, and succeeded at least in convincing him that he was no charlatan. His attribute is a flute, besides which he is often to be seen with a pair of long castanets and an alchemist’s crucible.

Lan Ts'ai-ho is portrayed as a ragged, unkempt, good-looking youth, sometimes even as a girl. All accounts of this hsien are purely legendary, but he is said to have gone about with one foot bare, singing crazy songs which he improvised as he went along. In summer he stuffed his gown with cotton-wool, while in winter he would sleep in the snow, with vapour rising from his body like steam. When drunk, he used to sing and caper, and was followed by crowds of people who did not know what to make of his antics. The cash which he received as alms he would thread on a string and trail behind him as he walked. If any were lost, he would pay no heed. He used to give his money to the poor, or spend it in wine-taverns. It was from a wine-tavern that he eventually soared up to the sky on the back of a crane. This strange being is generally shown with a basket full of flowers and plants associated with longevity, such as chrysanthemums, plum-blossoms, sprigs of pine and bamboo, etc.

Ho Hsien Ku is the only undoubted female hsien belonging to the group. At the age of fourteen or fifteen she dreamt that she was visited by a divinity who advised her to eat powdered mica in order to etherealize her body. She also met a stranger who gave her a peach, and on returning home she found that she had been absent not for one day, as she had supposed, but for a whole month; yet she was not one whit the worse for going all that time without food. Having made a vow of chastity, she withdrew into the mountains, where she would flit to and fro like a bird.

Towards the beginning of the eighth century she is said to have ascended on high in broad daylight. Ho Hsien Ku's special emblem is a bamboo ladle, for which the following explanation is given: she had a stepmother who treated her harshly and kept her toiling all day long over menial domestic duties. Despite this, she behaved with such exemplary patience the Lu Tung-pin was moved to come and rescue her from her miserable drudgery. He found her busy in the kitchen, and as he bore her upwards the ladle she was using still

remained in her hand.

g. A Hidden Race of Immortals

After publishing the first version of this book I was contacted by a reader who had a fascinating story to tell about a hidden race of immortals who have lived on this earth for thousands of years.

Here are some quotes from my friend’s emails who said he met one of these immortals:

She was at least over one thousand years old if I didn't misunderstand her. She had told me that she was of a different kind of person, an entire race of immortals, who live in secret (for quite obvious reasons I suppose). All of her people live forever.

Rather than hide away elsewhere, these people live like normal humans, hiding in plain sight. They disappear after their lifetime should be over, perhaps faking their death, and then reappear elsewhere with a new identity. Most of them live separately (in families) to the best of my knowledge, so there aren't any communities of them, although they do stay close enough together to aid each other should anything occur.

Her people are...born immortal, as I have said, but that's not all there is to it. Usually, they also have special abilities. These abilities do not vary greatly from what I have heard. They are generally physical abilities There are two main categories under which most fall. The most common attributes being either incredible strength or speed. A smaller number have both of these attributes, but usually to a lesser extent than those who are "specialized" in either, although some are almost as strong/fast as or stronger/faster than the ones who are only either or. While they are born with these abilities, they have to be trained to use them.

I have heard of a considerably rare breed of these immortals who eventually may grow wings at some point (after maturing). I think I forgot to ask if these wings are permanently exposed, or if they are "summoned(?)" at will. Anyway, these are far and few between, but in addition to growing these wings, they also are still carriers of the other physical abilities. I have heard that these wings are almost always black, however, I was told that there is talk of one that will eventually be born, or may have already been born (but has yet to mature and sprout wings), that will supposedly have silver wings.

This is the rarest type of these immortals, and so you can imagine why it's identity would be one of the greatest kept secrets to be retained by their race. (more specifically by the elders, I would imagine).

This is a rare and (I would imagine) mystically beautiful creature.

Chapter 6: Long Lived Plants and Animals

One of the reasons to look at long lived plants and animals is because they have a similar genetic make-up and heritage to ourselves. If these plants and animals can have such long lives then maybe it’s not too strange for humanity to have similar potentials.

Clonal colonies

As with all long-lived plants and fungal species, no individual part of a clonal colony is alive (in the sense of active metabolism) for more than a very small fraction of the life of the entire clone. Some clonal colonies may be fully connected via their root systems; while most are not actually interconnected, but are genetically identical clones which populate an area through vegetative reproduction. Ages for clonal colonies, often based on current growth rates, are estimates:

A huge colony of the sea grass Posidonia Oceanica in the Mediterranean Sea could be up to 100,000 years old.

Pando (tree). This clonal colony of Populus Tremuloides has been estimated at 80,000 years old, although some claims place it as being as old as one million years.

King's Lomatia in Tasmania: The sole surviving clonal colony of this species is estimated to be at least 43,600 years old.

A huckleberry bush in Pennsylvania is thought to be as much as 13,000 years old.

Eucalyptus Recurva: Clones in Australia are claimed to be 13,000 years old.

Creosote bush: A ring of bushes in the Mojave desert are estimated at 11,700 years of age.

An individual of the fungus species Armillaria Ostoyae in the Malheur National Forest is thought to be between 2,000 and 8,500 years old. It is thought to be the world's largest organism by area, at 2,384 acres (965 hectares).

Individual plant specimens

A cluster of Norway Spruce in Sweden includes roots that have been carbon dated to 9,550 years old, which would make them the oldest known trees in the world! Individual tree trunks only last up to about 600 years, but the roots from which they grow have survived throughout the entire period.

A Great Basin Bristlecone Pine (Pinus Longaeva) called Prometheus was measured by ring count at 4,862 years old when it was felled in 1964. This is the greatest verified age for any living organism at this time.

Another great basin Bristlecone Pine, known as Methuselah, measured by ring count of sample cores is, at 4,838 years old, the oldest known tree in North America, and the oldest known individual tree in the world.

Fortingall Yew, an ancient yew (Taxus Baccata) in the churchyard of the village of Fortingall in Perthshire, Scotland; is possibly the oldest known individual tree in Europe. Various estimates have put its age at between 2000 and 5000 years.

Fitzroya Cupressoides is the species with the second oldest verified age, a specimen in Chile being measured by ring count as 3,622 years old.

A Sacred Fig (Ficus Religiosa) specimen, the Sri Maha Bodhi, is (if its reported planting date of 288 BC is correct) at 2,293 years old, is the oldest known flowering plant.

A specimen of Lagarostrobos Franklinii in Tasmania is thought to be about 2000 years old.

Numerous Olive trees are purported to be 2000 years old or older. An olive tree in Crete, claiming such longevity, has been confirmed on the basis of tree ring analysis.

Animals

The Hydrozoan species Turritopsis nutricula is capable of cycling from a mature adult stage to an immature polyp stage and back again, indefinitely. This means there is, theoretically, no limit to its life span. Although no single specimen has been observed for any extended period and it is impossible to

estimate the age of a specimen.

The Antarctic sponge Cinachyra Antarctica has an extremely slow growth rate in the low temperatures of the Antarctic Ocean. One specimen has been estimated to be 1,550 years old.

A specimen of the Icelandic Cyprine Arctica Islandica (also known as an ocean Quahog), a mollusk, was found to have lived 405 years and possibly up to 410. Another specimen had a recorded lifespan of 374 years.

Some Koi fish have reportedly lived up to over 200 years, the oldest being Hanko; which died at an age of 215 years on July 7, 1977.

Some unconfirmed sources estimated Bowhead whales to have lived up to 210 years of age. If proven this would make them the oldest mammals.

Specimens of the Red Sea Urchin, Strongylocentrotus Franciscanus, have been found to be over 200 years old.

Tu'i Malila, a radiated tortoise, died at an age of 188 years in May 1965. Harriet, a Galápagos tortoise died at an unconfirmed age of 175 years in June 2006.

Timothy, a Greek tortoise, died at an age of 160 years in April 2004.

Geoduck, a species of saltwater clam native to the Puget Sound, have been known to live over 160 years.

A 109-year old female Blue-and-yellow Macaw named Charlie was hatched in 1899. It was incorrectly claimed that she formerly belonged to Winston Churchill.

There is anecdotal evidence that the Patagonian tooth fish and sturgeon can live for over 100 years.

The deep-sea hydrocarbon seep tubeworm Lamellibrachia Luymesi (Annelida, Polychaeta) lives for over 170 years.

Chapter 7: What current Science says about Longevity

a. The increase in Life Expectancy

Life expectancy is the average number of years a human has before death. It is conventionally calculated from the time of birth, but also can be calculated from any specified age. (23)

Advances in sanitation, nutrition, and medical knowledge have made possible incredible changes in life expectancy throughout the world; providing subjects for study as well as the need to study them. In the United States, only 50 percent of children born in 1900 were expected to reach the age of 50; life expectancy today is approximately 83 years of age. But note that there is a significant difference between male and female life expectancy - 82 years for men and 85 years for women. Life expectancy is lower for African Americans; 67.2 years for men and 74.7 years for women (Hoyert, Kochanek, and Murphy, 1999).

Life expectancy increased dramatically in the 20th century. These changes are the result of a combination of factors including nutrition, public health, and medicine only marginally. The most important single factor in the increase is the reduction of death in infancy.

The greatest improvements have been in the richest parts of the world. Life expectancy at birth in the United States in 1900 was 47 years. Life expectancy in India at mid-century was around 32, by 2000 it had risen to 64 years. According to the 2006 World Health Organization Report, due to

HIV/AIDS and other health related issues today's life expectancy in poorer nations is almost half that of the industrialized, richer nations.

You will be able to see in Figure17 below that for most of human history life expectancy was only 20-30 years old. What we would now consider young adulthood.

It was only in the early 20th Century that the average life length went up to 40 years.

The number of today’s Octogenarians would be considered amazing and mostly unbelievable to people living 100 years ago.

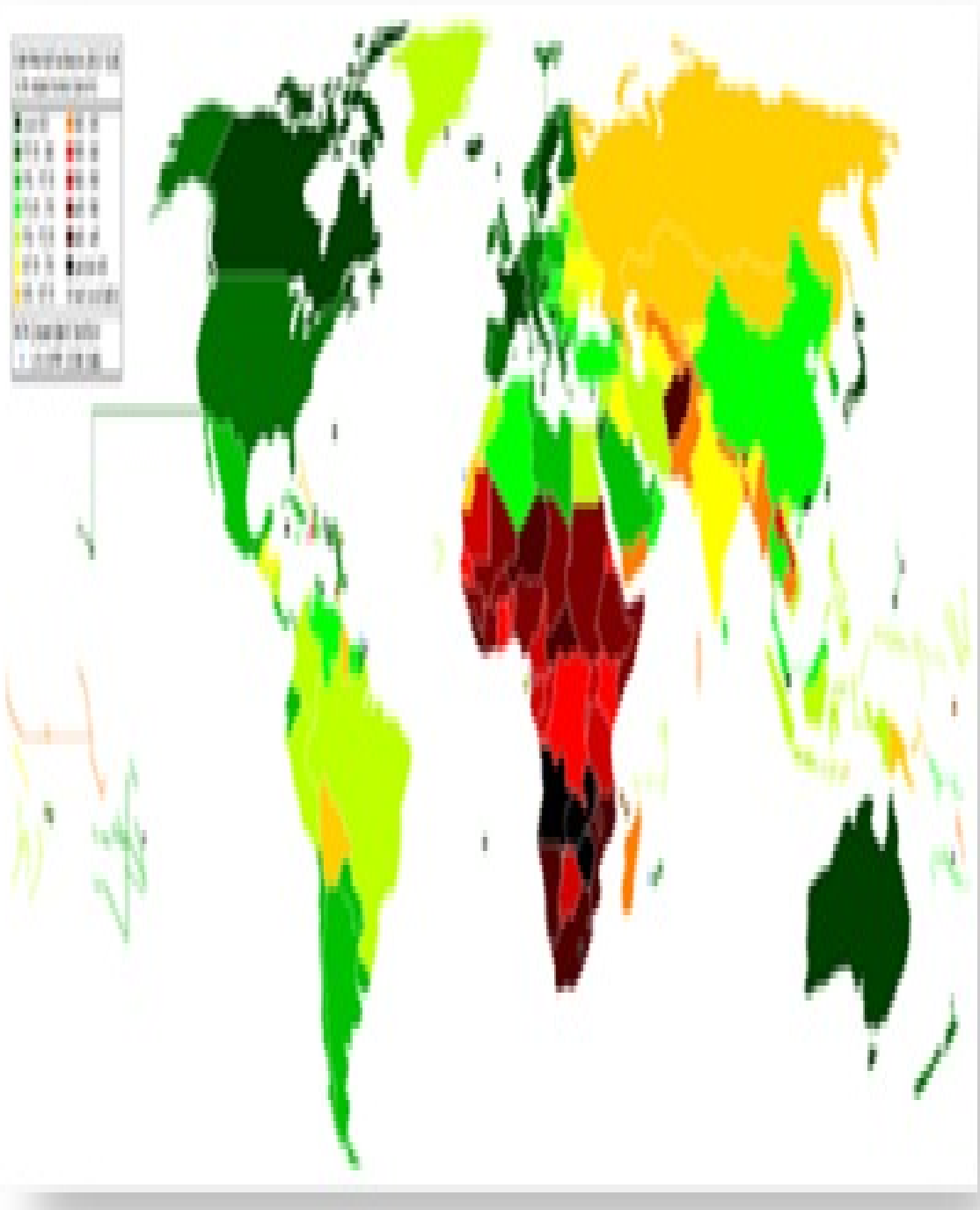
Totay’s average world life expectancy of 66 years seems low to many of us raised in Western Countries.

Is it really that much more far fetched to be discussing how to double our present lifespans from today, considering that they have been doubled in the last 100 years?

The below Table shows how general life expectancy has changed in the world over millennia:

Humans by Era	Average lifespan at birth (years)
Neanderthal	20
Upper Paleolithic	33
Neolithic	20
Bronze Age[5]	18
Classical Greece[7]	20-30
Classical Rome[8][9]	20-30
Pre-Columbian North America[10]	25-35
Medieval Britain[11][12]	20-30
Early 20th Century[13][14]	30-40
Current world average[15][16]	66.12 (2000 est.)

Life Expectancy around the world today is shown below:



Life Expectancy at birth (years)
over 80
77.5-80
75-77.5
72.5-75
70-72.5
67.5-70
65-67.5
60-65
55-60
50-55
45-50
40-45
under 40
not available

Much work is being done in Science today which may end up increasing our life expectancy significantly.

Below are some of the types of biological immortality science is researching.

a. Biological Immortality

This can be defined as the absence of a sustained increase in rate of mortality as a function of chronological age. A cell or organism that does not experience, aging, is biologically immortal. However this definition of immortality was challenged in the "Handbook of the Biology of Aging", because the increase in rate of mortality as a function of chronological age may be negligible at extremely old ages (late-life mortality plateau). But even though the rate of mortality ceases to increase in old age, those rates are very high (e.g., 50% chance of surviving another year at age 110 or 115 years of age).

There is no known organism or individual cell that is inviolably immortal. Any life enjoying biological immortality can die if exposed to a toxic environment, or otherwise killed or destroyed.

b. Cell lines

Biologists have chosen the word immortal to designate cells that are not limited by the Hayflick limit (where cells no longer divide because of DNA

damage or shortened telomeres). Prior to the work of Leonard Hayflick there was the erroneous belief fostered by Alexis Carrel that all normal somatic cells are immortal. (19)

The term immortalization was first applied to cancer cells that expressed the telomere lengthening enzyme telomerase, and thereby avoided apoptosis (programmed cell death). Among the most commonly used cell lines are HeLa and Jurkat, both of which are immortalized cancer cells. Normal stem cells and germ cells can also be said to be immortal.

Immortal cell lines of cancer cells can be created by induction of oncogenes or loss of tumor suppressor genes. One way to induce immortality is through viral-mediated induction of the large T-antigen, commonly introduced through simian virus 40 (SV-40).

In terms of multi-cellular organisms, immortality may not be a desirable condition, as the main controls over cancer are the apoptotic mechanisms.

c. Bacteria

Bacteria can be said to be biologically immortal, but only as a colony. An individual bacterium can easily die. The two daughter bacteria resulting from cell division of a parent bacterium can be regarded as unique individuals or as embers of a biologically "immortal" colony. The two daughter cells can be regarded as "rejuvenated" copies of the parent cell because damaged macromolecules have been split between the two cells and diluted. In the same way stem cells and gametes can be regarded as "immortal".

d. Hydra

Hydras are a genus of simple, fresh-water animals possessing radial symmetry and no post-mitotic cells. The fact that all cells continually divide allows defects and toxins to be "diluted-away". It has been suggested that hydras do not undergo senescence (aging), and so are biologically immortal..

e. Life Extensionists

Some life extensionists, such as those who practice cryonics, have the hope that humans may someday become biologically immortal. This would not be the same as literal immortality, since people can always be murdered or die in accidents. (Mind uploading, however, could allow literal immortality in a sense, by uploading backups into cloned or artificial bodies after an accident. See Mind uploading in science fiction.) However, this practice may not actually allow for one to continue their life through the backup, and since two (or more) beings with identical minds have never existed before, it is unknown whether or not they could share consciousness on any level.

Nanotechnology, and specifically of nano-medicine, have recently increased awareness of the possibilities for biological immortality in humans. A study published in Physiological and Biochemical Zoology in 2005 indicates that biological immortality may exist in humans at a late stage in life: "the exponential increase in age-specific death rate seemed to slow down.

f. Red Wine Extract- Resvesterol

In 2006, Italian scientists obtained the first positive results of resveratrol supplementation in a vertebrate. Using a short-lived fish, Nothobranchius Furzeri, with a median life span of nine weeks, they found that a maximal dose of resveratrol increased the median lifespan by 56%. Compared with the control fish at nine weeks, that is by the end of the latter's life, the fish supplemented with resveratrol showed significantly higher general swimming activity and better learning to avoid an unpleasant stimulus. The authors noted a slight increase of mortality in young fish caused by resveratrol, and hypothesized that it is it’s weak toxic action that stimulated the defense mechanisms and resulted in the life span extension.

Resveratrol is sold as a dietary supplement. See in Herbs Chapter.

g. Calorie Restriction Diets

In human subjects, CR has been shown to lower cholesterol, fasting glucose, and blood pressure. Some consider these to be biomarkers of aging, since there is a correlation between these markers and risk of diseases associated with aging. Except for houseflies, animal species tested with CR so far, including primates, rats, mice, spiders, Drosophila, C. Elegans and rotifers, have shown lifespan extension. CR is the only known dietary measure capable of extending maximum lifespan, as opposed to average lifespan. In CR, energy intake is minimized, but sufficient quantities of vitamins, minerals and other important nutrients must be eaten.

In the US at the Washington University School of Medicine in St. Louis a small scale study showing the effects of following a calorie restricted diet of 10-25% less calorie intake than the average Western diet. Body mass index

(BMI) was significantly lower in the calorie-restricted group when compared with the matched group; 19.6 compared with 25.9. The BMI values for the comparison group are similar to the mean BMI values for middle-aged people in the US.

h. Telomeres (9)

A telomere is a region of repetitive DNA at the end of chromosomes, which protects the end of the chromosome from destruction. Its name is derived from the Greek nouns telos (τέλος) "end" and meros (μέρος, root: μερεσ-) "part".

During cell division, the enzymes that duplicate the chromosome and its DNA can't continue their duplication all the way to the end of the chromosome. If cells divided without telomeres, they would lose the end of their chromosomes, and the necessary information it contains. (In 1972, James Watson named this phenomenon the "end replication problem".) The telomere is a disposable buffer, which is consumed during cell division and is replenished by an enzyme, the telomerase reverse transcriptase.

In 1975-1977, Elizabeth Blackburn, working as a postdoctoral fellow at Yale University with Joseph Gall, discovered the unusual nature of telomeres, with their simple repeated DNA sequences composing chromosome ends. Their work was published in 1978.

This mechanism usually limits cells to a fixed number of divisions, and animal studies suggest that this is responsible for aging on the cellular level and affects lifespan. Telomeres protect a cell's chromosomes from fusing

with each other or rearranging. These chromosome abnormalities can lead to cancer, so cells are normally destroyed when telomeres are consumed. Most cancer is the result of cells bypassing the Telomere destruction. Biologists speculate that this mechanism is a tradeoff between aging and cancer.

Some scientists think that by finding a way to lengthen the telomeres in our cells we wouldn't have as much cell damage when cells replicate, and therefore live much longer lives.

Electronic, Digital, and Technological Solutions

One area of life extension I'm not addressing in this book is what you might call the technological solution.

These are solutions to download consciousness into computers or provide backup computing power to manage consciousness and memories.

My problem with this approach is that since I strongly believe that all of us have an immortal soul which is separate from our physical bodies. Therefore, any type of currently envisioned technological storage approach would only store a portion of the physical mind-not any elements of the Spirit.

Chapter 8: Your Spiritual, Energy, and Physical Bodies

One of the key concepts in this book is that you are not just your physical body.

These are concepts which are woven into many religions and philosophies, with related energy body concepts mostly being understood in the East more than the West.

Many believe that your entire being consists of at least three states as described below.

The Spirit

Here we mean the spirit which is your “soul” or core of your being. An individual’s spirit is one with the God spirit and is present in every person and every being. It exists outside of time and space. This is a place some call “no time and no space”. It is everywhere present simultaneously.

The spirit exists in all things and each person has that same core spirit within them.

We can learn to live focused more in the spirit through a variety of religious, meditational, and philosophical traditions.

The Energy Body

Some organizations like the Hindus and Theosophists believe we have multiple energy body levels. The Theosophists (9) believe there are at least six distinct energy bodies. Many other traditions only talk about one energy body which provides the life force to energize our physical bodies.

The acupuncture meridians and chakras are all parts of the energy body which exists in very close proximity to the physical body.

The aura is also a manifestation of the energy body too, which overlaps your physical body.

Many people claim to be able to see “auras” including this Author. The aura is the physical energy manifestation of the energy body. All living people have an aura and one can tell a lot about their health by how their aura looks.

The Physical Body

This is the body most of us know, and that most of us think is all of us that exists. This is the body we want to heal and energize to achieve physical immortality.

Exercises done on the physical body also affect the energy body.

Herbal supplements work from the physical body to help correct energy flows in your energy body.

How the Bodies Work Together

The concept of the spiritual development exercises, and physical exercises in this book is that they help increase the synchronization of these bodies.

By bringing the absolute peace and stillness of the spirit down into the energy and physical bodies you increase the perfection and health of those bodies.

This is since in the normal course of events the stresses of our life cause more randomness or entropy in our energy and physical bodies. These stresses of daily life age us prematurely and cause disease.

We can repair our energy and physical bodies by integrating them better with the spiritual body; and getting the energies to flow in the correct patterns, chakras, and meridians, and with more vital force.

Chapter 9: Breaking the Habit of Dying

This Chapter focuses on the wisdom of Leonard Orr. (31) Leonard is an unconventional thinker of the 1960s and 1970s.

He started the re-birthing movement in San Francisco during the 1960's New Age era in San Francisco. He also wrote a book called "Breaking the Death Habit" which is now out of print but can be obtained on my website http://immrc.com.

In this book he says that he met many immortals in India and the Himalayas who were all at least 300 years old or more.

He learned a lot of his knowledge from an ascended master "Babaji" who has been around for thousands of years.

He says that disciples first need to work on developing a philosophy of physical immortality.

Leonard says: "The physiology of physical immortality is based on inner awareness of our energy body. One must learn how to clean and balance the energy body on a daily basis with earth, air, water, and fire.

Second you need to unravel the "Death Urge" which is built into all family traditions through the psychology of physical immortality. By this Leonard means the expectation built into almost everyone's subconscious that we will all live an average life span, then die.

Here are some of the death urges built into our subconscious which we learn growing up in our civilization:

The belief that we will physically slow down starting in our thirties, become much less mobile in our sixties and bedridden in our eighties

The image we project on older people that they aren't as attractive or healthy as younger people—this image affects them too

• Advertising to start planning for your own funeral

• Retirement Planning only looking at a timeframe of living into your eighties —because you will not need any money after that

• Social Security and Medicare—We will not be able to take care of ourselves when we retire

• The belief that the mind will lose its memory and ability to think clearly as it ages

• That old people are ugly

• That there will be nothing interesting to do after kids move away and we retire from our job

• That old people need to make space in society for the young

• Medical care being reduced for old people, and sometimes withheld—because they will die anyway

The third step is the mastery of the physical body. This can be accomplished by certain breathing exercises and practices.

The final step is where spiritual purification exercises come in.

We recommend people start by saying the following to themselves every day:

“My life urges are strong, in control, and keep me continuously alive and in perfect robust health.

Chapter 10: Spiritual Growth Practices

This chapter is intended as a guide to some of the spiritual practices which can be used to make your physical body healthier and younger.

It is not an exclusive list since I’m sure there are many paths which all go to enlightenment; with immortality as a side benefit.

In fact, the goal of spiritual growth should be enlightenment—not immortality. However, since immortality is the subject of this book I’m really focusing on a side effect of the spiritual development process.

a. The Importance of Stillness

How does spiritual growth help one stay healthy; and what is stillness?

The ideas I'm going to discuss here relate to eastern Asian concepts of the spirit as taught mainly in China and India.

Buddhism, Taoism, Zen, and other eastern religions and philosophies all teach that the spirit is the core of our being; and that our physical bodies are just an extension of that spirit into the physical level of existence.

By learning to let your mind or ego release it's hold on the illusion of our current existence, we become aware of the spirit behind or at the core of our being. This spirit is the pure oneness of God and exists in no time and no space. (A concept which we really can't envision with our minds or egos only).

There are many techniques taught to get closer to realizing the core of a person's being. These techniques all involve practicing spiritual growth, love, and/or meditation with a goal of enlightenment.

There are thousands of books and practices on this subject so I will not try to duplicate them in this short synopsis.

The Chinese stress that the stillness and oneness obtained through spiritual growth are one of the main keys to keeping the body healthy for a long life. Many Taoist techniques and teachings stress the achievement of "stillness" as

a prelude to physcia immortality.

The stillness I'm referring to is found mainly through meditation. In Christian terms it is often referred to as the "Peace that passes all understanding".

It is hard to describe the feeling of stillness since it is like when you first wake up in the morning after a deep sleep—but even quieter and deeper.

The feeling of stillness has a strong effect on your body—it seems to make the randomness of your cells quiet down into a more restful state.

Meditation is taught many places, I've even found a company called Holosync (24) which sells CDs that help even beginners achieve deep states of relaxation that usually takes advanced Yogis years of practice. (Available on http://immrc.com)

Stillness is not something achieved overnight but takes years, (even with modern advanced CD techniques) to start showing results.

However, the effects of stillness practices probably have the most profound effects on your body's aging as anything else recommended in this book.

This is since as you start to achieve stillness, your Ego is realizing it's core is really part of the spirit—not a separate mind. The spirit exists outside time and space. This connection with your spirit has a profound health effect on

the body in terms of peace and well being.

When meditating in this state you can feel stillness penetrating your body.

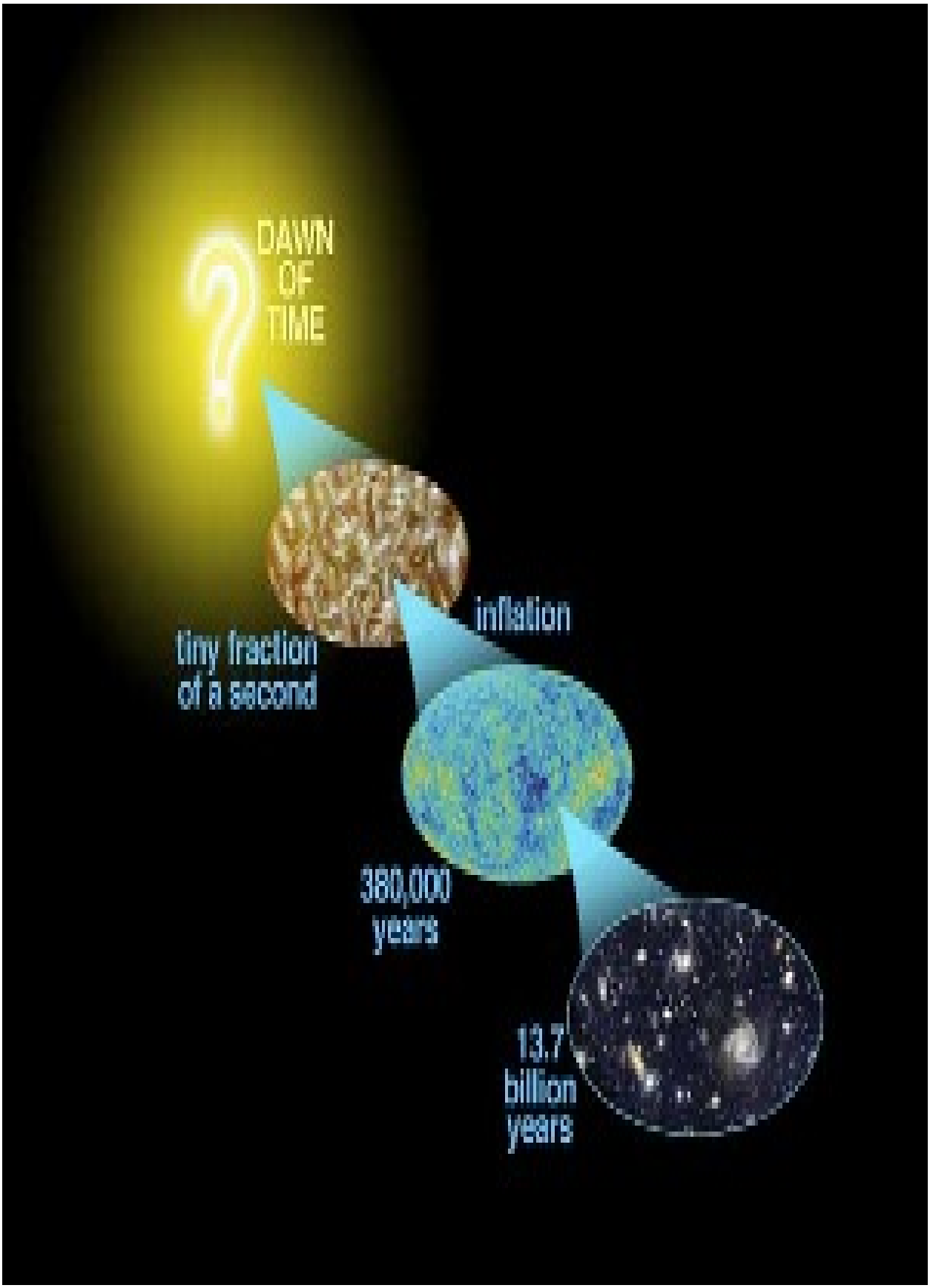
It feels like your body is reaching a relaxed state never realized; even in sleep.

The state of the stillness of your spirit provides a modified blueprint for your body’s health.

It is a lot of work to set aside time everyday to meditate. The good news is you will find that after some weeks of practicing, this time becomes something you look forward to. This is since meditation is so relaxing it becomes a way to recharge you for daily activities in the world.

I also find that meditation makes my mind more alert when I wake up in the morning and gives me a sharper intellectual edge at work.

b. The Reality of Stillness


DAWN
OF
TIME
tiny fraction
of a second
inflation
380,000
years
13.7
billion
years

Most people believe that God was the initial creative force which started the Universe.

Physicists and Astronomers all agree that the Universe we know was created from nothing and inflated in a huge explosion called the “Big Bang”. As it inflated time and space as we know them came into existence.

When you study Einstein’s Relativistic physics you being to understand that time and space are inextricably linked. You can’t have one without the other.

Given our understanding of physics, we know that time and space didn’t exist before the Big Bang. The state of things before creation then was “No Time & No Space”.

Another subject of great interest to astrophysicists is what are called “Black Holes”. Black Holes are a result of Einstein’s equations and astronomers have verified their existence in the last few decades.

Black Holes are stars which due to their own mass have collapsed down to an infinitely small point and where time stops. Scientists do not understand where all that mass goes.

Hmm…. A Black Hole seems to be another example of part of reality that exists without time and space.

In Quantum Physics, time is also viewed differently than we perceive it on a daily basis. Here is a quote from a Physics website explaining this view: (29)

The upshot is that, on the microscopic level, there is no direction to time -- and this is even more spectacularly true in quantum physics than in classical physics. In the microscopic domain, everything just exists in a kind of nebulous, atemporal continuum. Then, every once in a while, something becomes observable, and enters the one-dimensional time continuum. The arrow of time does not exist in the universe as a whole. It only exists in individual subjective views of the universe!

I think it is fair to say that the place of stillness where time and space don't exist is part of our reality.

Therefore, it shouldn't be considered too strange that our immortal spirit is part of and one with that stillness.

c. Finding Stillness in Major Religions

Christianity is the largest religion in the world, and one I know pretty well since I was raised in Methodist and Presbyterian churches growing up. I also attended multiple churches as an adult and participated in Bible study groups for a number of years.

Prayer is the key to stillness as a Christian. There are many books on Prayer and Prayer techniques. One needs to focus on spirit and becoming one with the spirit to move towards a state of stillness as a Christian.

The fact that so many of the long lived persons recorded in this book lived in Christian cultures probably indicates that being a devoted Christian can help you “live in the spirit” as much as many other spiritual techniques.

I’m not as familiar with Judaism and Islam, but the same approach applies in doing prayers in those religions.

The key to Prayer in your religion or spiritual approach is that you must learn to focus on the spirit of God which is inside you; and is the core of your being. That spirit exists in eternal peace; outside of time and space.

Once you learn to focus on that spirit in your prayer you will be able to bring that peace and stillness into your physical body to calm it and provide more health.

d. Biblical Quotes Relating to Stillness and the Spirit

Here are a number of Biblical quotes which relate to the power of the spirit and the state of stillness (peace) I've described above.

You will experience God's peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Jesus Christ. (Philippians 4:7 LB)

He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord. (Isaiah 26:3 LB)

The work of righteousness shall be peace; and the effect of righteousness, quietness and assurance forever. (Isaiah 32:17 KJV)

"You shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the Earth. (Acts 1:8 NASB)

For by one Spirit are we all baptized into one body (1 Corinthians 12:13 KJV)

I will ask the Father and he will give you another Comforter, and he will never leave you. He is the Holy Spirit. The spirit who leads into all truth. The world at large cannot receive him; for it isn't looking for him and doesn't recognize him. But you do, for he lives with you now, and some day shall be in you. (John 14:16,17 LB)

Do you not know that you are a temple of God and that the spirit of God dwells within you? (1 Corinthians 3:16 NASB)

There are many more quotes about the spirit of God, but the key is that they all relate to that core of God’s spirit inside us all.

e. Golden Rules to Live Forever

How to Live Forever with Golden Rules for Successful Living

Harry Gaze

Harry Gaze was a Philosopher and Teacher back in the early 20th Century. He was a teacher and lecturer in practical Metaphysics, New Thought, and Divine Science. He began his lecture work as early as 1898 and published numerous books on Metaphysics. (37)

His book titled “How to Live Forever with Golden Rules for Successful Living” is very relevant to our study of physical immortality, and was first published in 1905. (He also wrote an earlier work on the subject in 1904 titled “How to Live Forever, The Science and Practice”).

Like some other writers on the subject of unlimited longevity he believed that growing old and the body decaying was not inevitable! His belief was that the power of the spirit and thought on the body could keep one young forever.

Harry believed in several principles which guided his thinking:

The body literally and completely returns to dust in less than one year, and during this period, a new body is constructed molecule by molecule.

Conscious cooperation with this change is the secret to eternal youth.

Old age and somatic death are brought about by conditions which can be effectually prevented.

He had a set of Golden Rules for Eternal Youth which are reproduced here:

Golden Rule for Eternal Youth Number One: Realize there is one divine life in which you live, move, and have your being.

Golden Rule for Eternal Youth Number Two: Realize that as a Son of God you are heir to God's immortality here and now; claim your birthright.

Golden Rule for Eternal Youth Number Three: Realize that your body is a template of the Holy Spirit.

Golden Rule for Eternal Youth Number Four: Deeply realize that your body is an expression of your mind, and attune yourself to infinite spirit.

Golden Rule for Eternal Youth Number Five: Realize that by virtue of molecular renewal, which is constantly in operation, your body is constantly made new.

Golden Rule for Eternal Youth Number Six: Keep in mind that nature's constant renewal of the body gives the opportunity of building a better body with each succeeding renewal.

Golden Rule for Eternal Youth Number Seven: Practice rhythmical breathing and freely use your diaphragm, the organ that is the muscular floor of your upper internal organs, and the ceiling of your lower organs.

Golden Rule for Eternal Youth Number Eight: Realize that eternal youth is harmony and positive cooperation with the upward law of continuous growth and the law of attraction.

Golden Rule for Eternal Youth Number Nine: Realize that the secret of eternal youth is cooperation with God in creative, individual, volitional evolution.

Golden Rule for Eternal Youth Number Ten: Practice faithfully the daily affirmations for Eternal Youth, doing them in a regular, cumulative sequence.

Golden Rule for Eternal Youth Number Eleven: Practice concentrative exercises daily, and develop control of attention and thought selectivity. Also do meditative exercises and the Silence.

Golden Rule for Eternal Youth Number Twelve: Realize the oneness of your inner Christ life with God, thinking of God as an Infinite Life, Infinite Power, Infinite Health, Infinite Youth, Infinite Peace, Infinite Joy.

Note the focus on meditation in Rule Eleven. This was a very unusual term to use one hundred years ago and indicates some familiarity with knowledge from the East.

Rule number 10 mentions the daily affirmations for Eternal Youth. These are listed below too. Mr. Gaze recommends practicing one daily for the whole

month, then starting over again:

Adaptation: Whenever essential, I adapt myself readily to more perfect change.

Adjustment: I give myself freely to wise, spiritual, mental, and physical adjustment.

Beauty: I realize that the beauty of enduring youth is as deep as the innermost recesses of the soul.

Buoyancy: In every thought, nerve, and muscle I express the perfect buoyancy of joyous youth.

Confidence: I cheerfully react to all conditions with the boundless confidence of youth.

Courage: I increasingly attain the natural courage of strong and vital youth.

Creativeness: The Divine Spirit, everywhere, and in and through me, inspires me with keen creativeness.

Daring: I blend the pure daring of youth with the wisdom of growth and experience.

Elasticity: My sense of freedom and flexibility of mind find its correspondence in bodily elasticity.

Energy: My whole being is vitally energized with the radiant life of the Divine Spirit.

Flexibility: I joyously affirm the quality of flexibility in every cell, muscle and artery of my being.

Freshness: Bathing in the commonness of pure spirit, l am fresh as the dawn of day.

Gracefulness: By wise exercise, relaxation, visualization and nourishment, I maintain the gracefulness of youth.

Happiness: I realize that the true spring of happiness is within me.

Initiative: The spirit of initiative and wise adventure freely motivates and activates me.

Joy: The joy of eternal youth is my daily light and inspiration.

Loveliness: The loveliness of ever-renewing youth is the expression of loving and lovable qualities.

Newness: Every day and every moment, my body is being made new in every cell, molecule and atom.

Optimism: I look joyously forward with the spirit of youthful optimism.

Progressiveness: I am a progressive conscious, purposeful and individual factor in my evolution.

Purity: I see life with the eyes of child like purity blended with power and poise. Radiance: I am radiant with the light, life and love of infinite wisdom.

Receptivity: Knowing that l am a child of God, l am at all times receptive to the highest inspiration.

Rejuvenation: I am devoted and consecrated to all habits that rejuvenate and heal.

Renewal: I am an ever-renewing and ever-unfolding expression of infinite life.

Responsiveness: As the years unfold, I maintain my full, free responsiveness

to the best in life.

Unfoldment: I am open, receptive and responsive to new growth and unfoldments.

Versatility: I joyously express the creative spirit in me in the versatility that unites youth with experience.

Vitality: I think, speak, breathe, exercise, relax and nourish my mind and body for increasing vitality.

Youth: I realize that the fountain of Eternal Youth, like the Kingdom of God, is here and now, within me.

Zest: My thought, speech and action are all radiantly animated with youthful zest for living.

f. Basic Meditation Practice

Meditation is best learned from a teacher since that process provides regular feedback to help you improve your technique. (1)

However, for those of you who don't have immediate access to a teacher, here are some basic steps to starting your own meditation program:

Set a regular time daily of 30 mins to do your mediation. Some persons like to do it early after they get up, or at a free time later in the day. It should not be just before bedtime, because you may fall asleep and not get full benefit from the meditation session.

Make yourself comfortable. You can be sitting or lying down. You don't have to do a cross legged sitting position unless you want to.

Start by closing your eyes and relaxing your body.

This can be done by going from one end of your body to the other and

telling it to tighten then relax. An example would be: tighten your foot..tight..tight..then relax. Do this with each portion of your body.

After your body is fully relaxed then you need to relax your mind.

You can do this by using visualizations such as—my thoughts are slowing down, my thoughts are being released as little balloons. I'm sinking and

Relaxing,like sinking down in peaceful warm water.

When you get to a very relaxed level you should imagine your spirit is in no space and no time—to start working towards a level of stillness. Another way of visualizing this is that you are existing only in the present—no past and no future.

After practicing this for a couple of weeks or so you should be able to start relaxing immediately to a fairly deep state.

Again, there are many books on how to meditate and many instructors.

This practice takes years to really get to a deep state, but starting now will begin to make a difference in your body's health.

See the Bibliography for books which might also help with learning Meditation. (2)

The Holosync CDs described elsewhere in this book can be an aid to learning to meditate quickly even without a well developed technique. (13)

g. The Importance of Love

Having a lot of LOVE in your life is also important to living a long one.

Many studies have shown that being married will give you a longer average lifetime by several years than persons who remain single their whole lives.

Love is of many types-physical and spiritual; and has multiple aspects.

Our spirit is one with the universe; and is the animating force of all life. Therefore, it makes a lot of sense that the more love we have in our lives, the more we are living in the spirit and synchronizing our spirit with our energy and physical bodies.

Although you may often think your family is stressful and can sometimes be annoying, just remember that these relationships are providing a positive impact on you for the long term.

Just remember the loving kindness most families and close circles of friends exhibit to each other is something which is a core part of a healthy life on earth.

Becoming a hermit is not required to be physically immortal and probably a hindrance.

h. A Positive Outlook on Life

How does a positive outlook on life increase your life span?

Optimism and a positive outlook increases our vitality and spiritual connections.

If you are positive you have a better chance of extracting yourself from an unhealthful or dangerous situation.

An article extract from an M.D. reinforces the importance of a positive outlook:

"Optimism is necessary for good health," says Charles L. Raison, MD, (26) a psychiatrist and director of the behavioral immunology clinic at Emory University School of Medicine in Atlanta. "There's growing evidence that, for many medical illnesses, stress and a negative mental state -- pessimism, feeling overwhelmed, being burnt out -- has a negative effect on immunity, which is especially important in rheumatoid arthritis."

Indeed, your brain can create all sorts of tailor-made prescriptions to nurture your body. Raison says these include endorphins -- the natural painkillers; gamma globulin, which fortifies your immune system; and interferon, which helps combat infections, viruses, even cancer.

When depression sets in, we're less likely to take care of ourselves, which means the brain doesn't get prompted to produce those great natural remedies,

Raison says. We don't exercise, because we don't have much energy. We don't eat right. We lose sleep -- or we sleep too much.

i. The Yoga Sutras of Patanjali

This book was written in Sanskrit and is one of the great spiritual works of India. It is available in print on the Internet. It describes the path to enlightenment and attainment of spiritual powers. The Sutras were written over 2,000 years ago by some estimates. (20)

The Sutras are often described as a scientific exposition on the science of yoga and consists of 4 books with numerous translations in English.

Although the Sutras don't talk specifically of physical immortality, the powers available as a result of the spiritual development process would also affect the body in a very positive manner.

In Book 3, Sutra 45 we have an example of what I'm referring to regarding spiritual powers from the process of enlightenment. This would probably cause a lot of longevity in the physical body if exercised properly:

Book 3 Sutra 45-Thereupon will come the manifestation of the atomic and other powers, which are the endowment of the body, together with its unassailable force.

An exposition of this sutra is as follows:

The body in question is, of course, the etheric body of the spiritual man. He is said to possess eight powers: the atomic, the power of assimilating himself with the nature of the atom, which will, perhaps, involve the power to

disintegrate material forms; the power of levitation; the power of limitless extension; the power of boundless reach, so that, as the commentator says, "he can touch the moon with the tip of his finger"; the power to accomplish his will; the power of gravitation, the correlative of levitation; the power of command; the power of creative will. These are the endowments of the spiritual man. Further, the spiritual body is unassailable. Fire burns it not, water wets it not, the sword cleaves it not, dry winds parch it not. And, it is said, the spiritual man can impart something of this quality and temper to his bodily vesture.

Many forms of Yoga exist to develop one along the path. These include Raja, Gnana, Prana, Tantric, and other forms of Yoga.

Yoga teachers for many of these disciplines can be found in many major and minor cities around the world.

j. A Course in Miracles

I would be remiss to end this section on Spiritual Growth without mentioning "A Course in Miracles" which has been published and disseminated since 1975 by the Foundation for Inner Peace. (33)

The best explanation of the course comes from their website:

This is a course in miracles. It is a required course. Only the time you take it is voluntary. Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time. The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

This course can therefore be summed up very simply in this way:

Nothing real can be threatened. Nothing unreal exists.

Herein lies the peace of God.

I did the course for about six months and found it was an excellent tool to help me become more centered and develop more stillness.

I had often felt in recent years that old thoughts, fears, and stresses were building up in my mind like dirt or crud, and were causing my spirit to be covered by a fog or cotton candy which made me less clear and not able to think as well.

One day I remember I was working on the Course in Miracles lessons and suddenly it felt like a large part of this shell of mentally accreted garbage suddenly came apart and sloughed off my spirit. It was a physical experience.

An analogy might be a heavy coat of dirt and grime coming off a car after a good wash so that the bright colors and shininess of the car comes through again.

This course is another tool for spiritual growth which can help you get better connected to your spiritual core as part of the physical immortality process.

h. Visualizing your Immortal Future

The key to visualizing your physically immortal future is not to imagine that you will get there but to imagine that you are already there. The more vividly you can imagine being immortal now and what you are doing very vividly, the more this changes the probability of your future to make it so.

Here is an excellent exercise to help your visualize yourself in health and happiness in your own immortal future:

Relax for 5-10 minutes.

Choose a happy scene of family, friends, or profession or activities that you want to visualize

We are going to picture the scene you have chosen at different ages. These ages will be 100, 200, and 500 years old. As you visualize you will be in that scene. You make it real. You will put energy and will into it to make it happen.

You are now 100 years old. You are in the scene. People and scenery are around you. You can feel the temperature; the light in the sky or ceiling. You also smell the scene and you see everything vividly. You can look around and see details such as trees or on buildings or walls, etc.

Your body feels healthy and you can tell you are youthful. Your solid belief in your own immortality has been paying off for a while now.

You are now 200 years old and it's the 23rd century. (Your lifestyle may have changed to something which is an earlier period in a place where change is slower). Again, see your surroundings very vividly in a scene

You enjoy. Feel all five senses. What do you see? What do you hear? What do you smell? What do you taste? What do you feel?

You are now 500 years old and it’s the 25th century. You may have travelled out into the solar system or to a planet around another star. Life goes on and you are in a community of other immortals who have similar interests to you. Maybe you are getting educated for a new profession, or maybe you are an artist in a mode you never tried before. You have probably learned to teleport yourself by this time and live totally in the now. Look around you to see what’s there. You feel very strong and healthy as you usually do, and you have now been healthy and physically stable for centuries.

Keep doing this imagery consistently everyday for a few minutes until you start to feel solidity and that the events will happen. This is when you know that your will and energy have created the future.

You might want to record this visualization on tape to play back to yourself. Your own voice is the most powerful voice you can hear.

Chapter 11: Practices and Exercises for your Body

The ideas behind the exercises mentioned in this chapter are that all of them work on the body's vital force to make sure the "CHI" is flowing correctly in an older body the way it does in a youthful and healthy person.

What is the vital force? It is the force that many traditions believe is the life force, chi, prana, or by any other name—the force of life which animates our physical bodies.

I'm sure there are more types of CHI or Vital Force exercises than I'm aware of. I'm only illustrating several types below.

One should consider finding a teacher of these exercises to help them learn them better.

a. The Five Tibetan Rites

1
2
3
4
5

These are exercises which should strengthen the body and make it more youthful. I tried them for a year and they do seem to have a positive effect. The original book on this is called "The Eye of Revelation" by Peter Kelder and was first published in 1939. The updated version of this book is called “Ancient Secret of the Fountain of Youth” (4)

In the original "The Eye of Revelation" booklet, Kelder never mentions the practice of any type of breathing exercise while performing the first Five Rites. However, subsequent publications pertaining to the Rites contain edits by others which recommend and detail specific instructions for breathing while performing the exercises. Some practitioners also recommend taking caution prior to performing the Rites due to the possibility of aggravating certain health conditions.

Kelder cautions that when performing the First Rite, spinning must always be performed in a clockwise direction. He also states that Bradford clearly recalled that the Maulawiyah, otherwise known as "Whirling Dervishes", always spun from left to right, in a clockwise direction. No mention is made of the positioning of the palms, although the original illustration of the Rite in the 1939 edition of "The Eye of Revelation" clearly depicts both palms as facing downwards towards the ground.

First Rite - Clockwise Whirling

Inhale and exhale deeply as you spin.

Second Rite - Head and Leg Raises

Inhale deeply while lifting the head and legs, exhale while lowering the head and legs.

Third Rite - Camel

Inhale as the spine arches back, exhale as the spine returns to an erect position.

Fourth Rite - Tabletop

Inhale while rising up, hold the breath while in the top position and tense the muscles, then exhale while returning to the starting position.

Fifth Rite - Up and Down Dog

Inhale while raising the body, exhale while lowering the body.

Sixth Rite - (Uddiyana Bandha Abdominal Breathing Exercise)

Claimed benefits of performing the rites:

According to Kelder, Bradford's stay in the lamasery transformed him from a stooped, old gentleman with a cane to a tall and straight young man in the prime of his life. Additionally, he reported that Bradford's hair had grown back and without a trace of gray.

The revised publishings of The Eye of Revelation entitled Ancient Secret of the Fountain of Youth also contain numerous testimonials by practitioners of the Rites claiming that they yield positive medical effects such as improved eyesight, memory, potency, hair growth, restoring full color to completely gray hair and anti-aging.

The benefits most likely to be achieved are increased energy, stress reduction and an enhanced sense of calm, clarity of thought, increased strength & flexibility and an overall improvement in health and well-being.(1)

b. Seamm Jasani or Gentle Boabom (58

Movements for Eternal Youth)

Seamm Jasani or Gentle Boabom is a system of moving meditation, active relaxation, and self-defense . Teachers stress while the movements learned in the art could effectively be used in combat situations, the central aim of the practice is to heighten bodily awareness and help the student attain an optimal state of health, energy, and vitality. (2)

The exercises involve bodily movements which increase the flow of vital forces in your body.

The Art is developed through:

The Path of Gentle Movement , and The Path of Union: Movement Breathing, Mind

The Path of Gentle Movement is based on controlled psychical physical movements and forces the muscles, nerves and brain to work in a manner completely outside of the routine that they are used to.

In the Path of Union-The coordinations that are developed here vary and form a dance, or active meditation, as body, breathing, mind and imagination are all working together simultaneously.

The results of these movements are the following:

• Tranquility

• Energy

• Happiness and great positivity that can be used in any way the student

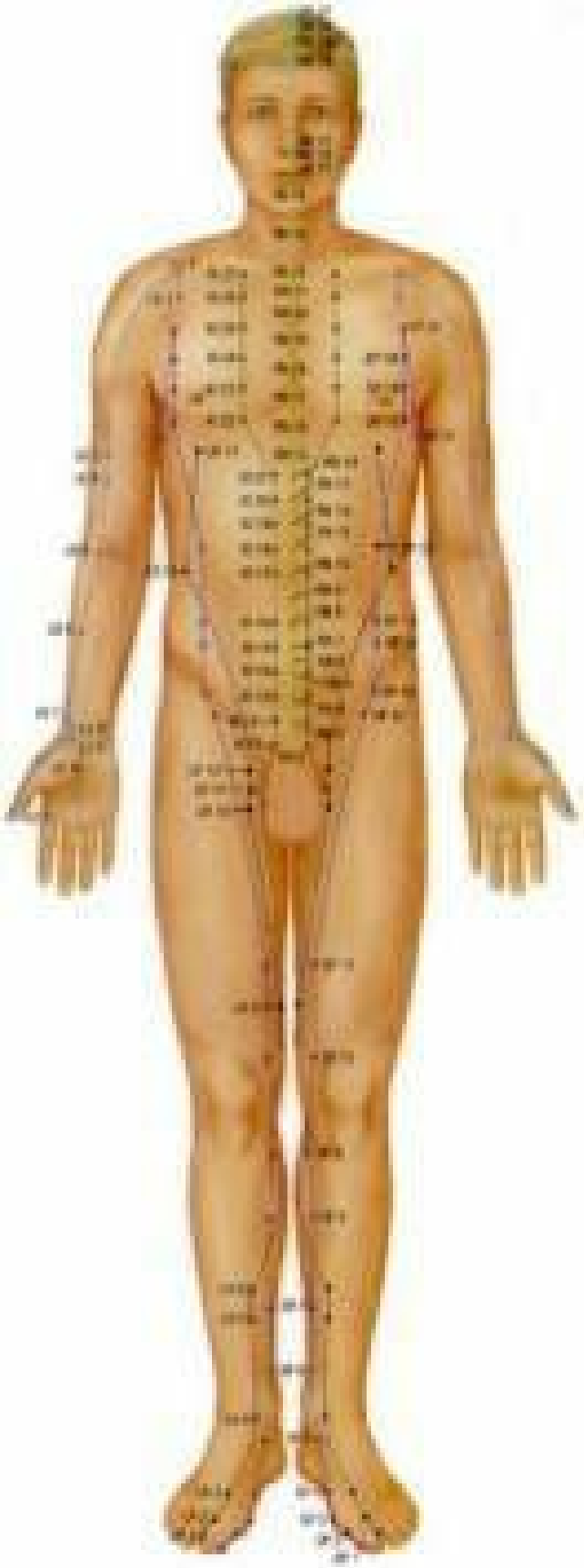
• wants, for personal, professional, or student needs. It is an energy recharger.

• Energy Flows and Chakra Development

The Chinese concept of energy meridians (the points and channels along which energy moves) are used in acupuncture therapy and are another way of looking at the energy flows a body needs. (5)

These and the Indian concept of energy centers (chakras) are all about the way your energy body is designed to stay healthy when energy flows are working properly.

Below is a diagram of the main acupuncture meridians of the body:



When those flows are interrupted it affects our health and acupuncture can be used to restore this. Needles are used by acupuncturists to stop and start energy moving at key meridian points to help restore the energy body to a proper balance.

c. Chakra development exercises also help repair energy flows.

In long lived persons the energy is often not flowing properly and has to be repaired. These improvements help one’s health; and as the energy starts moving properly again. The energy body is affecting the physical body in a more healthy way.

Sahasrara
Crown
Ajna
Third Eye
Vishuddha
Throat
Anahata
Heart
Manipura
Solar Plexus
Swadhisthana
Sacrum
Muladhara
Root

Many books and traditions discuss details of energy meridians and chakra development so I will not do so here. A short summary of Chakras and their functions follows. (9)

The Figure above shows the chakra centers on the body. These chakras are energy centers where you take in energy to keep you body healthy. The chakras when developed are commonly thought to control spiritual and mental abilities as follows:

Crown Chakra: To be open, to know, intuition, precognition, connection with infinite intelligence, to have faith and connection with God

3rd eye Chakra: Clairvoyance, psychic reading, to have vision or insight, photographic memory and telekinesis

Throat Chakra: Communication center, telepathy, clairaudience, inner voice and tone healing

Heart Chakra: To be in affinity with, to be at one with, to connect with, compassion and unconditional love

Solar Plexus Chakra: Astral projection, to be empowered, to manifest, to be in control of yourself, psychic healing and levitation

Sacrum/Feeling Chakra: Clairsentience, emotional feelings, balance of male and female energies

Root Chakra: Grounding, realizing, letting go, and surviving

Meditation is almost always a prerequisite to being able to develop these energy centers.

One example of a positive youthful effect of Chakra development in my life has to do with my head of hair.

I've been developing my crown chakra since I was 18 years old. Now in my fifties, all the men in my family are well on the way to being bald at my age.

However, I still have a full head of hair. I attribute this to the energies which come into my crown chakra daily and which have extended the life of my hair follicles.

The root chakra is where the Kundalini comes from. One must be careful in developing this one since it can cause major imbalances in the others. (23)

It is recommended to find a worthy instructor to develop these energy centers as part of a spiritual development process.

Below is a Crown Chakra Energy Intake Exercise which works well for me.

The Crown Chakra or Thousand Petal Lotus

The following exercise on taking in energy through your crown chakra works very well for me and helps energize the energy pathways and chakras in my body. I've used this approach successfully for years.

It may take several times doing this before you start to feel the heat in the top of your head as a result.

Crown Chakra Energy Intake

Go through a 5-10 minute relaxation exercise while sitting up.

Now visualize a large cone coming from infinity into the top of your head. (See Figure 36 above) It intersects the crown chakra.

Also, visualize your crown chakra as the 1000 petal lotus blossom which is opening as you will it; and as the energy enters your head.

Imagine a large amount of energy and white light is funneling down towards your head, and that as it does so the energy becomes more compressed and more powerful.

The energy enters your head and when it starts to flow you should feel heat in the top of your head; then the energy will flow into your body.

Keep using your will to pump in the energy. First send it to open your third eye to take in energy there too.

Now the energy travels down your neck to open the throat chakra.

Next the energy pours into your chest. When it really gets going it's like a pleasant warmth or fire in your chest. Keep visualizing the energy condensing into the funnel and going into your head and down your body as we continue this exercise.

Next the energy opens your heart and solar plexus chakras. As those open you will feel more energy pouring into your chest; and in the case of the heart chakra—unconditional love.

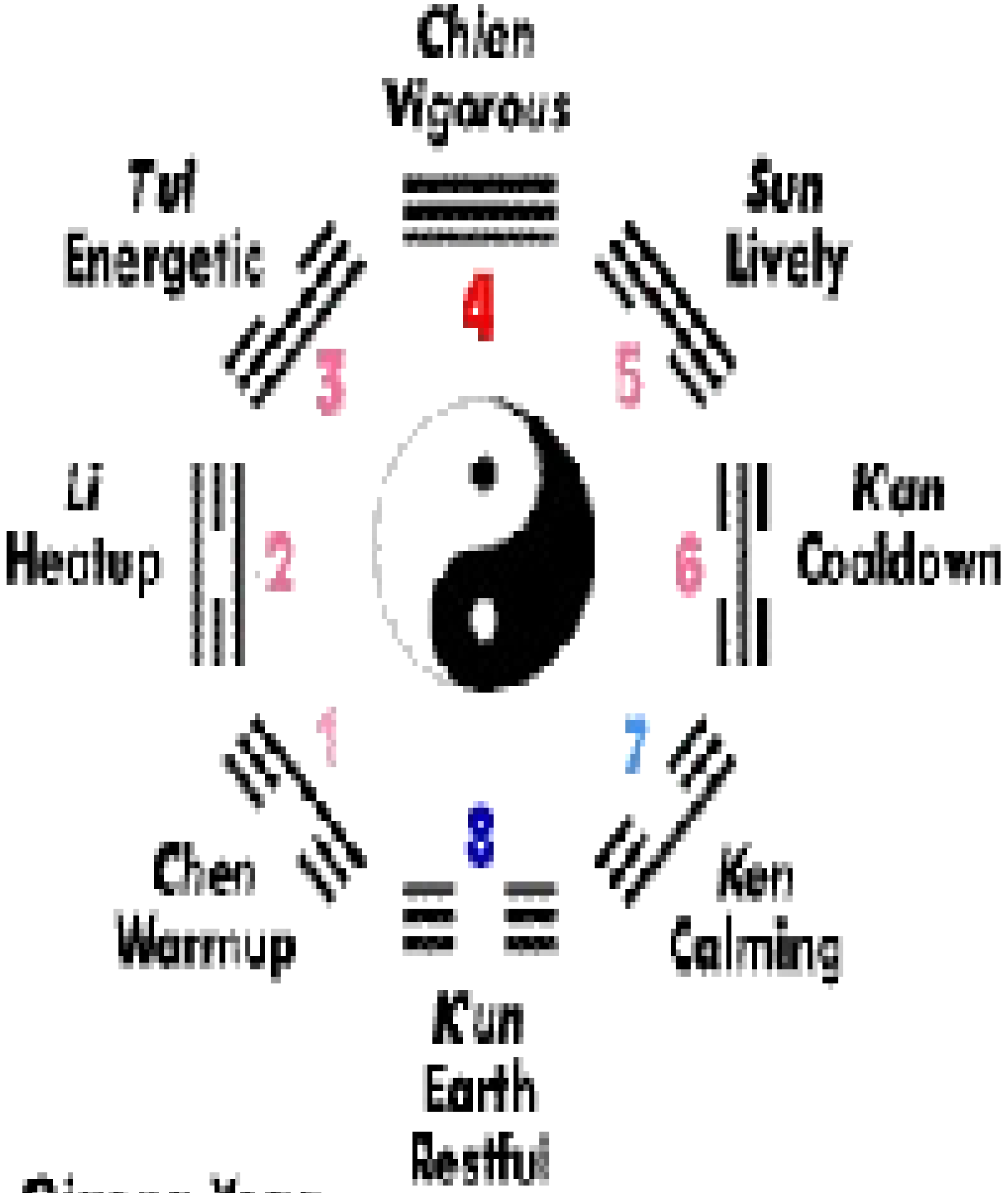
As the energy travels down your chest it reaches your navel and your sacrum chakra. As it reaches that chakra, again feel it opening and energy pouring into you.

At last the energy reaches your root chakra at the base of the spine. The root chakra also draws fiery energy from beneath the earth. This energy is called kundalini.

Now imagine that your root chakra is anchored into the ground; and this kundalini fire will pass upwards through your spine. You feel the fire coursing up your spine and eventually into your head.

Now you have the full flow of energies throughout the major chakras of your body. Keep visualizing the energy coming in through your crown and circulating down to the root; and then the kundalini circling back up. As this happens it opens all your energy centers more and you will feel the energy pouring into you. (Do this for five more minutes)

d. Qigong Teachings



Qigong-Yoga
Exercise Cycle

Qigong is a set of exercises related to Tai Chi. It is just now becoming known in the Western world. (28)

In the book “Qigong Teachings of a Taoist Immortal” (3) the Author refers to three ways a person can use the Tao in their quest for immortality:

• Herbal medicines and dietary regimes

• Physical and respiratory exercises

• The third is the achievement of mental and physical tranquility.

Qi is the “breath” or “vital energy” which Qigong exercises seek to move throughout the body.

The Qi (CHI) is contained within meridians (energy pathways) in the body.

Through the stimulation and accumulation of qi a person may not only acquire a new sense of physical and mental energy, but create the conditions of longevity as well.

In order to fully mobilize the Qi throughout the body one must first

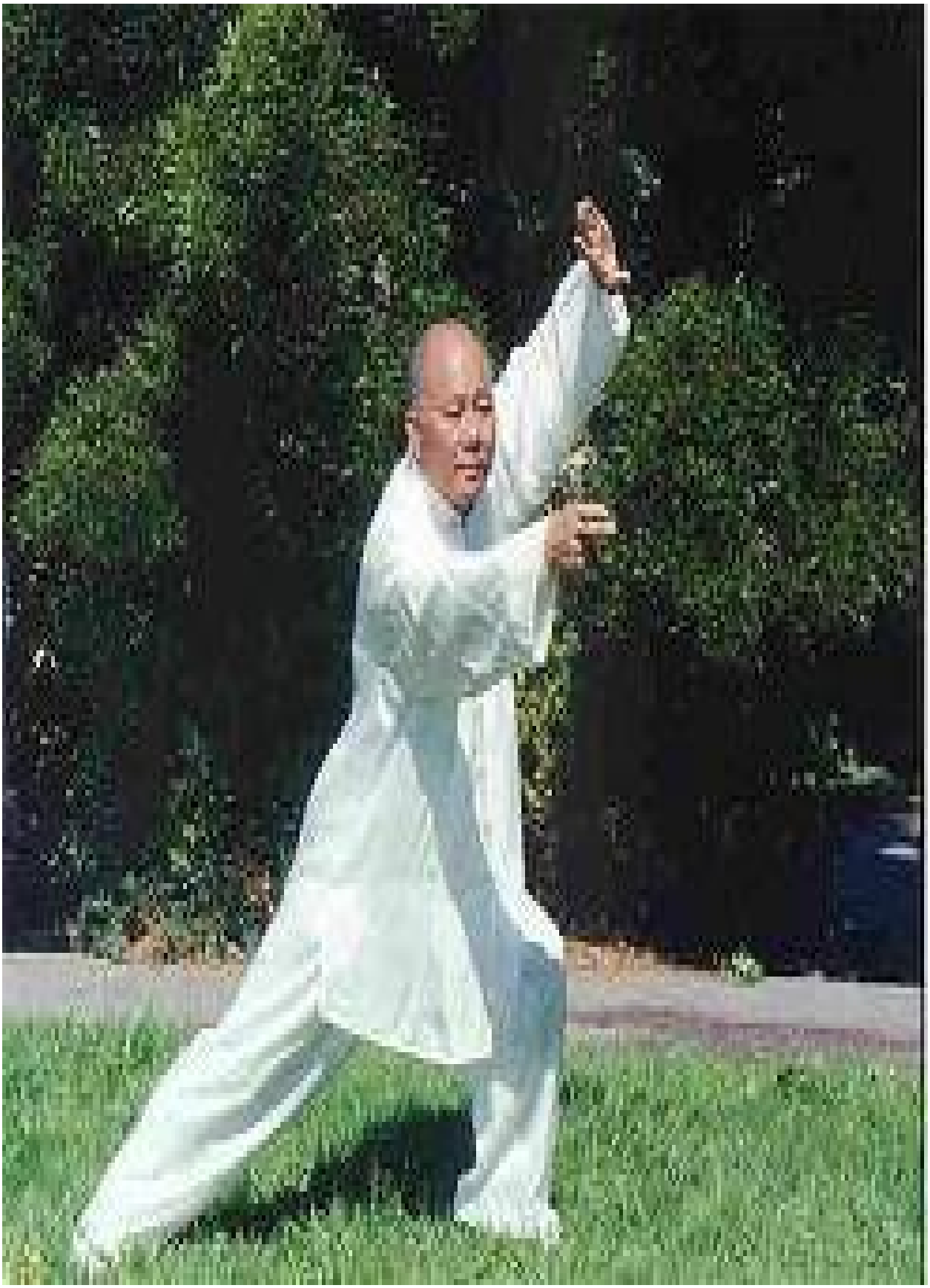
accumulate it in what is the called the tan-t’ien (Field of Elixer). This tan-t’tien is a point in the lower abdomen about three inches below the navel and one inch back into the body.

When one learns to accomplish nine complete circulations in one sitting then immortality is achieved and what is produced is called the “immortal fetus” or “qi body”.

There are also a variety of physical exercises one can do in QiGong which help strengthen the energy flows in the body and result in better health. These are best learned from a Master teaching the techniques.

In the classes I take, Qi Gong exercises are used to loosen up and start the vital force flowing before starting the Tai Chi forms.

e. Tai Chi Chuan



Tai Chi Chuan is practiced by millions of Chinese and is now becoming popular in the West. (28)

Tai chi chuan is typically practiced for a variety of reasons: its soft martial techniques, demonstration competitions, health and longevity. Consequently, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of tai chi chuan's training forms are well known to Westerners as the slow motion routines that groups of people practice together every morning indoors and outdoors around the world, particularly in China.

Most modern styles of Tai chi trace their development to at least one of the five traditional schools: Chen, Yang, Wu/Hao, Wu and Sun. The origins and creation of tai chi is a subject of much argument and speculation. However, the oldest documented tradition is that of the Chen family from the 1820s.

The study of Tai Chi Chuan primarily involves three aspects:

• Health: An unhealthy, or otherwise uncomfortable person, may find it difficult to meditate to a state of calmness or to use tai chi as a martial art. Tai chi's health training therefore concentrates on relieving the physical effects of stress on the body and mind. For those focused on Tai Chi's martial arts, good physical fitness is an important step towards effective self-defense.

• Meditation: The focus and calmness cultivated by the meditative aspect of Tai Chi is seen as necessary in relieving stress and maintaining homeostasis

and in application of the form as a soft style martial art.

• Martial art: The ability to use Tai Chi as a form of self-defense in combat is the test of a student's understanding of the art. Tai Chi Chuan martially is the study of appropriate change in response to outside forces; the study of yielding and "sticking" to an incoming attack rather than attempting to meet it with opposing force.

f. Sacred Fire Visualizations

There are a variety of visualization techniques which can also help heal and make your body more vibrant.

One of these is the Sacred Fire visualization. (Also known as the Violet Flame).

The technique relies on first putting yourself into a deep meditative trance.

Then you visualize that you are inside a pillar of white fire which penetrates every cell of your being. That the pillar extends out to six feet from you.

Center yourself in the center of your head at the pineal gland. The traditional location of the spirit or soul in the body.

Imagine a bright light there like a flame. This light is getting brighter and expanding.

This white light is the light of the spirit and the power of God.

The light expands to fill your head then travels down your neck into your chest.

Imagine that the light starts to fill you with purity and health.

The bright white light travels down your body, into your arms, the rest of your torso, and into your legs. This goes on until your body is a vessel of white light.

Now the light expands outward from the surface of your body. It’s now expanded to a few inches outside your body.

Then the light expands further, out to five feet, then ten feet so that you are the center of a sphere of light and consciousness.

Feel this power becoming more intense within and outside of your body.

Now start in your head and see the light washing away any impurities in your head, that any unhealthy, or diseased cells are being washed away and will be expelled from the body.

As you move down your body examining yourself mentally you may see some areas which are dark. The light will burn these areas clean.

In addition you know that this infinite spirit of God is immortalizing your body, bit by bit.

As your senses travel down your body the dark areas you sense are washed pure and the cells in those places are immortalized.

Do this for your entire body.

You are at the center of the sphere of light and your body has been purified and immortalized down to the smallest cells during this process.

Imagine that this Fire is anchored in and around you and will be constantly working until you have achieved Ascension.

You should do this every day after meditating to get to a very relaxed state.

The books “Unveiled Mysteries” and “The Magic Presence” (9) are suggested to readers to learn more about the Violet Flame as it was related to the author by the Immortal and Ascended Master Count St. Germain.

g. Cellular Regeneration

The Reverse Spiral of Aging

The concept of cellular regeneration is one in which we use the power of visualization to command our cells to reverse their age to an earlier one.

In other words, this is a method of making your body younger by learning how to “youth” the cells in your body.

The following technique also has an interesting side effect. The effect was described that after a person has been using this technique for a while they or others may smell “old shoe smell” coming from themselves as the body’s cells start to get rid of toxins. (You can remove the smell by taking a shower).

The morning after my first session doing this exercise—which was a really intense one—my son complained that I smelled like old shoes—and he had never complained about my smell before.

The exercise follows:

The Figure 39 spiral picture has circle for the beginning of cell’s life, a star for the current state, and triangle for the age you want to revert to. The spiral is counter clockwise to represent going back in time

Go through a relaxation procedure for 5-10 minutes

Choose the age you would like your cells to revert to. Is it 20 years old, or 29?, or another age. Pick an age that you would like your body to be as an immortal.

Visualize that you have microscopic vision and can see into the cells in your left foot. They are at the same size as in the movie “The Fantastic Voyage”. You can move your attention between thousands of cells and recognize the cell’s age in each case.

Now start visualizing that you feel your consciousness inside the entire foot where you can see millions of cells; and that the cells have a level of consciousness too. Then tell them all to revert to your chosen age.

Now you see tiny counterclockwise spirals inside each cell as each one follows your direction to start reverting to a younger age.

You feel an energy in your left foot that is tingly like electricity as the cells start the reversion process.

Now start imagining a counter clockwise spiral outside of your foot centered on your foot and moving up your leg slowly. As it moves up your leg each cell is also taking conscious direction and starts it’s own reverse spiral to revert to your target age.

The spiral moves up to the top of your leg; and as it does the cells within, down to the bone and bone marrow, start their counter clockwise age reversion. Your cells are conscious and part of you so they take direction from you.

Do the same thing in the other leg, then moving up the torso, then the arms, and finally the neck and head. Do each part slowly, and keep emphasizing the microscopic cells with tiny spirals reverting as well as the macroscopic spiral spinning around the part of the body you are working on.

h. Hatha Yoga Breathing Exercises

The following exercises to promote health and immortality are from an online copy of a book Titled “Relax with Yoga” originally authored by Arthur Liebers in 1960. (35).

This information provides an excellent overview of Hatha Yoga breathing exercises, and discusses the results which should be expected according to ancient Yogic writings.(the Yoga Sutras of Patanjali (20))

Among the "secret" aspects of Yoga are the Bandhas. After the body has been prepared by thorough practice in the different asanas and clarified by preliminary breathing exercises, the Yogi is ready for the Bandhas. These may not be attained immediately, since they depend on a full state of physical and mental relaxation for successful attainment.

The Mudras:

According to Hindu sages, the ten mudras destroy old age and death, having been given out by the God Shiva, and also confer the eight siddhis or miraculous powers. The old text enjoins the student to secrecy, saying, "This should be carefully kept secret as a box of diamonds and should not be told to anybody—just as the illicit connection with a married woman of noble family." Descriptions of the ten mudras follow.

Jalandhara Bandha

Get into a comfortable siddhasana or sukhasana cross-legged seated position with the palms facing down on top of the knees. Let the spine be long, the shoulders relaxed down and the sternum lifted. Let the eyes softly close and the breath slow and deepen. Take a slow deep inhale to two thirds of your lung's capacity and hold the breath in. Drop the chin to the chest and draw it in so the back of the neck stays long and does not round. Let the shoulders roll very slightly forward to deepen the lock in the throat, but keep them soft.

Maha Mudra

Pressing the anus with the left heel and stretching the left leg, take hold of the toes with your hand. Then practice the Jalandhara Bandha (described above), and draw your breath through the susumna (the space behind the navel). Then the kundalini (27) (the sleeping goddess within the internal organs) becomes straight, just as a coiled snake does when struck, and the ida (left nostril) and pingala (right nostril) become dead, because the breath goes out of them. The breath should be let out slowly, never quickly.

Maha Bandha

Having restrained your breath as long as possible, breathe out slowly. Practice first on the left side, then on the right. This is said to stop the upward course of the breath through the nadis (nerves) except the susumna (spinal cord), and brings about the union of them with the susumna and enable the mind to remain fixed between the two eyebrows. The above two mudras are described as having limited value without a third, called the Maha Vedha.

Maha Vedha

Draw in your breath with a concentrated mind and stop the upward and downward course of breath by the Jalandhara Bandha. Sitting on the ground with your body on your hands, gently seat and raise yourself repeatedly. Then breathe out. The body assumes a deathlike aspect in this exercise.

Kechari Mudra

This is not likely to appeal to the Westerner seeking beneficial aspects of Yoga. This mudra requires the following preparation: By slight daily cutting, continued for six months, the ligament which holds down the tongue is severed. By repeated pulling, the tongue is made long enough to reach the eyebrows. The mudra is performed by turning the tongue up and in, so that it enters the hole in the palate where the three nadis (nerves) join. Simultaneously, the eyes should be fixed firmly between the brows. (The author is not recommending this technique.)

Vajroli Mudra

Said to give five Siddhis, even to one who lives an ordinary life, along with the amaroli and sahajoli, which are linked with it, this mudra occupies another 20 sutras, or verses, which are almost impossible to translate into English because of their mystic character. The commentary on the Sanskrit text says that they are not to be understood literally. Further, they are incomplete in some points which are left to be filled by verbal instructions from the guru, or Yoga teacher or leader.

Shakati Chalana

Named as the last of the ten mudras, this is described as follows: Having inhaled through the right nostril, the practitioner should retain his breath and "manipulate the kundalini for about an hour and a half, both at morning and evening twilights."

The Sanskrit text states:

"As one forces open the door with a key, so should the Yogi force open the door of moksha (state of bliss) by the kundalini. The kundalini gives mukti (deliverance) to the Yogis and bondage to the fools. He who knows her, knows Yoga. He who causes that shakti (the kundalini) to move (from the muladhara in the pelvic region upwards) is freed without doubt. Between the ganges (ida) and jamuna (pingala) there sits the young widow inspiring pity. He (the Yogi) should despoil her forcibly, for it leads one to the supreme seat of Vishnu. You should awaken the sleeping serpent (kundalini) by taking hold of its tail. Seated in the vajrasena posture, firmly take hold of the ankle and slowly beat with them the kanda [something below the navel from which the 72,000 nadis issue].

By moving the kundalini fearlessly for about an hour and a half, she is drawn upwards a little through the susumna," which process, it is claimed, "surely opens the mouth of the susumna and the breath naturally goes through it." Whether this effect is produced by manipulation of the kundalini or other means, it seems to be the object primarily aimed at in Hatha Yoga practice. The fruits of the practice of Hatha Yoga, taken in the order of their mention in the texts, are:

1. The eight siddhis: anima (the power to assimilate oneself with an atom); mahima (the power to expand oneself into space); laghima (the power to be as light as cotton or any similar thing); garima (the power to be as heavy as anything); prapti (the power of reaching anywhere, even to the moon); prakamya (the power of having all wishes, of whatever description, realized); isvata (power to create); vasvita (power to command all).

2. Freedom from death and old age.

3. Rejuvenation and perpetual youth.

4. Beauty.

5. Ability to "do and undo."

6. Exemption from hunger, thirst and indolence.

7. Ability to walk on water.

8. Attainment of anything in the three worlds.

9. Invulnerability of wrinkles and gray hair.

10. Removal of wrinkles and gray hair.

11. Freedom from disease.

12. Exemption from the effects of Karma.

13. Immortality and the eight siddhis named above.

14. Power to attract the other sex.

The above 14 siddhis are implied by powers mentioned in “The Yoga Sutras of Patanjali” (25)

Finally, and beyond the siddhis, comes the grand result of mukti, or emancipation from rebirth, and the conscious junction with Brahman. These powers are certainly all that could be desired; in fact, they stop nothing short of omnipotence, omnipresence and omniscience, but we must allow for the ever-pervading Eastern hyperbole, and for the mystical superstructure of the ancient Hindu school of physiology.

Chapter 12: Herbs and Foods

The below herbs are claimed to help with life extension. LI CHING-YUN made Fo-ti-tieng and Ginseng the most popular since he said he took them as teas every day.

Resveratrol has become popular in recent years as studies have shown the health effects of red wine extract.

Not being a medical professional I make no claims about the effectiveness of these herbs—although I do use them myself.

I also do not claim this is an exclusive list of herbs to improve health and lengthen life. There may be many others which also help your body remain young.

Fo-ti-tieng (8)

History: Was first popularized by long lived Person LI CHING-YUN who said he took it in Tea everyday to help his health Family Name: Polygonaceae

Botanical Name(s): Polygonum Multiflorum

Popular Name(s): He-Shou-Wu, Fo-Ti

Parts Used: Unprocessed root

Habitat: Native to China

Uses: The whole root has been used to lower cholesterol levels as well as to decrease hardening of the arteries, or arteriosclerosis. Other fo-ti research has investigated this herb's role in strong immune function, red blood cell formation, and antibacterial action.

Ginseng (7)

History: Known from ancient times in China to be a general supplement to health

and long life. Is believed by some Chinese Herbalists to help change your body’s energy

flows back to a healthful state. The thread among centurions is to only use supplements labeled “Panax Ginseng”. Family Name: Araliaceae

Botanical Name(s): Panax Ginseng Popular Name(s): Ginseng, Asian Asiatic Ginseng, Chinese Ginseng, Asian Ginseng

Parts Used: Root

Habitat: It grows in the damp woodlands of Manchuria.

Description: The aromatic root commonly grows to a length of 2 feet or more and is often divided at the end. The simple, glabrous stem bears, near the top, a whorl of three or five palmate compound leaves consisting of five oblong ovate, finely double serrated leaflets.

Uses: Ginseng is considered valuable for feverish and inflammatory illnesses; hemorrhage and for blood diseases. Women also take it for everything from

normalizing menstruation to easing childbirth. Ginseng promotes both physical and mental vigor.

Resveratrol (22)

History: Recent research has shown that It may have positive cardiac protective effects. It has become a popular health supplement as a result.

Family Name: Wine Grapes

Botanical Name(s): White Hellebore extract Popular Name(s): Resvesterol

Parts Used: In grapes, Resvesterol is found primarily in the skin, and in muscadine grapes in the seeds. The amount found in grape skins also varies with the grape cultivar, its geographic origin, and exposure to fungal infection. The amount of fermentation time a wine spends in contact with grape skins is an important determinant of its Resvesterol content.

Habitat: Wine grape growing regions everywhere

Description:

Resvesterol was originally isolated by Takaoka from the roots of white hellebore in 1940, and later, in 1963, from the roots of Japanese knotweed. However, it attracted wider attention only in 1992, when its presence in wine was suggested as the explanation for the cardio protective effects of wine.

The mechanisms of Resvesterol's apparent effects on life extension are not

fully understood; but they appear to mimic several of the biochemical effects of calorie restriction. A new report indicates that Resvesterol activates Sertuin 1 and PGC-1a, and improves functioning of the mitochondria. Other research calls into question the theory connecting Resvesterol, SIRT1, and calorie restriction.

Uses:

Thought to be useful for life extension, cancer prevention, and athletic performance

Astragalus Propinquus (36)

Family Name: Fabaceae

Botanical Name(s): Astragalus Membranaceus

Popular Name(s): Milk Vetch, Huang Qi, Milk Vetch root,

Goat's Horn, Green Dragon, Yellow Emperor.

Parts Used: Roots

Habitat: Astragalus is indigenous to the northern and eastern parts of China and some areas of Mongolia.

Description: Astragalus Membranaceus is a sprawling perennial legume, about 16 inches high. Astragalus Membranaceus has a hairy stem, leaves made up of 12-18 leaflets and aromatic flowers.

Uses: Astragalus Membranaceus is widely used in traditional Chinese medicine and has proved its positive influence on human health. Astragalus is the primary herb used in Chinese medicines to tone the immune system of the lungs. It is useful for conditions of immune deficiency that leads to spontaneous sweating.

A drug extracted from a plant is used in Chinese medicine to help immune cells fight HIV which raises the possibility of slowing the ageing process in other parts of our bodies.

The method hinges upon telomeres - caps of repetitive DNA found at the ends of chromosomes. These get shorter as cells age and are thought to affect the cell's lifespan.

The caps can be rebuilt with an enzyme called telomerase, and some people have suggested it might be possible to extend human life by boosting telomerase production - though this has never been tested.

Now Rita Effros, at the University of California, in Los Angeles has used a drug that boosts telomerase to enhance the immune response to viruses.

Chapter 13: Avoiding Accidents

Once you learn how to keep yourself healthy and your body young then accidents will become the biggest long term threat which may result in you becoming maimed or killed.

Long lived persons interviewed also have a belief that they have had at least one spiritual experience—maybe more than one which “saved them” from an accident which would have severely hurt them or killed them.

Appendix A contains a list of situations/accidents/potential accidents I survived.

(Note—this table is not in the Smashwords edition. The Author will email you if interested)

They are ranked by:

A—Accidents/Potentials which would surely have killed me.

B—Accidents which could likely have killed

C—Accidents which might have killed me

The ability to avoid accidents is a learned one.

Part of the spiritual development process can be to expand your “time sense” to detect danger before it happens. This can be from a few seconds before a car goes through an intersection to weeks, months, or years involving major life events.

In my own life I’ve experienced numerous times where I was saved by some “Spiritual Force” from a major accident or death.

Some of my accident avoidance experience clearly had a paranormal or spiritual component.

The one that comes to mind the most is #10 in the table in Appendix A; my “almost mugged” experience. I would have definitely walked right into the muggers if my body hadn’t sent me this urgent signal that I had to urinate. I just couldn’t go forward. When I tried twice I was stopped each time. Then the muggers came out from behind pillars and started walking towards us. This was when my friend and I took off running and got away.

Learning to use your spiritual senses to avoid trouble and accidents will become more important the older you get.

If you ever have an intuition of “danger” or “something is not right” I suggest you follow it.

Some persons experience pre-cognitive dreams where they dream of a terrible event happening to them or others. Later the event does happen. I remember a few years ago I had five or more dreams over months about different tropical beach resorts. Then the water all receded and later came in as a huge wave. This was all prior to the Indian Ocean Tsunami. The dreams stopped after the event.

Another example happened to me during August of 1998. My wife and I decided to send her and our kids to visit her mother in Barcelona, Spain.

I was waiting for a contract to close; so the plan was for me to buy a ticket separately, and meet them there during early September. When I started to call the travel agent to book my ticket I had a terrible feeling of fear about taking the flight.

I tried two other times to book the ticket during the week for a September 2nd departure, and each time I got the same strong feelings of fear and death.

I have always prayed, and tried to guard myself mentally to avoid disasters, so finally I took the warning seriously and decided not to go at all. This was very difficult to do since I really wanted to see my wife and kids, and this meant I would be home alone for a month.

Work wasn’t an excuse either, since I wasn't doing any really heavy contract work at the time and could have easily taken the time off.

I called my wife and told her my decision, and she was surprised, but agreed

for me to follow my instincts.

On September 2nd the Swissair disaster occurred on a plane leaving Kennedy airport in New York, which crashed in Newfoundland Canada with all lives lost.

I would not have originally been booked on that flight, but could have easily ended up on it since I was due to fly through Kennedy airport, and any delay might have caused me to switch planes.

I will never know for sure, but this was a very strong warning.

I should also mention that for several years before this event I had strong feelings that I would be killed in the near future. After the Swissair crash happened those feelings ended.

Learning to use your spiritual senses to avoid trouble and accidents will become more important the older you get.

If you ever have an intuition of “danger” or “something is not right” I suggest you follow it.

Since the future is only a probability, you can make decisions to allow you to avoid the accident and therefore change the future.

An exercise in learning how to avoid accidents

Go through a 5-10 minute relaxation exercise to calm you down and center your mind.

Pick a trip you plan to take, or an event you plan to attend within the next year.

Now imagine yourself on that trip or being at that event. Start feeling what is going on. For instance if it's a plane ride, how are the other passengers, the weather, the arrival, and trip to your final destination? Visualize all of these events happening while you are there.

Now feel the emotions you would have at the time like fear or happiness.

Go through the entire trip or event like this—being on the trip, doing all the activities and now returning.

Finally, do the whole event or trip again in your mind's eye and see if you have the same feelings you did before during that time period.

If you are like me, you may sense strong danger if something bad will happen. All I can advise you is if you do get a strong impression you should

follow your intuition.

Chapter 14: Seven Beliefs to Help Life Extension

Ben Abba has recently made some interesting claims on his website

http://achieving-immortality.com/

He says that by remote viewing and other techniques he was able to find numerous persons around the world aged 150 years or more. (6)

He also says that he found two persons of 2800 years of age and was able to interview one of them in the Eastern Mediterranean at length.

Here is a list of seven items that Ben Abba generated from his interviews with the "immortals" he met. He believes this list will keep anyone onto the road to immortality.

1) Belief in a Creator

There are several beliefs that are required to extend our lives. However I have noticed a particular belief that is critical to accomplishing both. The most important belief to extending our lives is a belief in a supreme being aka God. If you are stuck in believing that humans are mere biological machines that appeared on earth by accident, immortality is not for you. If you can wake up to the fact that humans are also spiritual beings, then you can lift yourself out

of becoming planetary road kill and advance onto the path of becoming immortal. All of the “immortals” that I met had a personal relationship with God.

2) Belief in Life Extension

The second most important belief necessary to extend our lives is the conviction that extending our lives is not only possible, but it is our right as spiritual beings. The mind does control matter; and there are millions of examples to prove this. If you have the necessary beliefs your spirit will automatically frame your lifestyle into extending your life; even to the point of becoming an immortal. All of the “immortals” that I met only believed in life and refused to believe in death.

3) Love

Love is the most powerful energy in our universe and is also the “food” our souls need to grow, to evolve, and to accomplish powerful things. Love comes in many forms and is expressed in many ways. From what I have learned so far giving love or receiving love feeds our soul. All of the “immortals” that I have met have loving family members, caring friends, and love life in general.

4) Attitude

Once you can get yourself to comprehend the “beliefs” that will extend your life your attitude about living life becomes important. If you are still

struggling with your beliefs, then try to master that. You do not need to live life in total denial, but wearing the rose colored glasses as often as you can, to see the positive in life does help tremendously. All of the “immortals” that I met had a very positive outlook on life and fully believed their minds did much more than control their bodies.

5) Energy

More important than food and exercise for human survival is energy. Our bodies require many different kinds of energy to perform all of the incredible tasks that humans perform, including survival. And while it is true that love, food, air and exercise give our physical bodies’ energy, they give our spiritual bodies energy too.

All of the “immortals” that I met made it a point to get out into the sun at least once a day, talk to someone at least once a day, and most importantly share a meal with someone at least once a day.

6) Exercise

Our physical bodies do require some kind of exercise every day. All of the “immortals” that I have met walked every day; sometimes for many miles.

7) Diet

As we all suspect, what we put into our bodies determines our survival. Despite popular belief, all of the “immortals” that I have met are not 100% vegetarians. Instead they all eat a balance diet of vegetables, grains, a little fruit and some meat. However the animal protein they do eat is primarily mutton, fish, and pheasant; making up 10% to 20% of their diets. All of the “immortals” that I have researched drank one or two glasses of wine, between meals, every day.

Chapter 15: Creating your own Path to Immortality

There is plenty of evidence too that long lived persons don’t just have some genetic peculiarities, but their health and longevity can be affected by their spiritual states, exercises, supplements, and energy manipulation practices.

These practices and other efforts are not something to try lightly or once in a while. It takes a long term commitment to making sure that you succeed in real life by making these techniques, diets, supplements, and exercises part of your daily life.

The most important aspect of this commitment is the spiritual component.

We have reviewed numerous pieces of evidence in earlier chapters that some persons do live very long lives.

How does one stay on the path to a goal that most people consider impossible?

First-You must confirm in your own mind this can be done; that you really will be able to live longer than society says is feasible. You must eliminate your ingrained “Death Urge”. These beliefs must be strongly present in your mind.

Second-Everyone should learn to meditate or pray in a well focused manner. Doing this helps calm you down, and helps with your spiritual development.

Notice how many writers quoted in this book talk about the need for stillness and meditation as a means to develop the long term health of the physical body.

I strongly believe in the health benefits for the body with long term meditation practices. I can feel my body becoming “purer” physically after a deep meditation session.

Third-Learn some of the exercises in this book and work to build and maintain stable and healthy energy flows in your Energy Body.

Fourth-Eating a good balanced diet, regular exercise every day, and herbal supplements should also be made standard habits in your daily life.

Fifth-Learn to expand your “time sense” to avoid dangerous situations.

Sixth-Develop a positive and loving attitude in your life. It’s important to do this as much as to enjoy your existing life, which leads to a more fulfilling future.

There are many positive affirmations referenced in this book. These go from the Golden Rules for successful living to Lenard Orr’s teachings on removing habits regarding dying.

My wish is for this book to work well for each person reading it.

My spirit wishes you all healthy and very long lives.

Martin K. Ettington

August 2010

P.S.—Please feel free to email me any comments and suggestions you have from reading this book. I will reply as time allows.

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